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REVVED AND READY

The American Legion Riders chapter of William M. Randolph Post 593 in Converse, Texas, started with nine members in March 2004. The group now has more than 170 members and plays a key role in the annual American Legion Legacy Run. Since 2006, the Converse Legion family – including Auxiliary and Sons of The American Legion – has raised \$60,000 for the Legacy Scholarship fund. Members also work with patients at Brooke Army Medical Center at Fort Sam Houston, the Audie Murphy VA Hospital, Heroes to Hometowns, Patriot Guard, Texas Honor Ride and Operation Wounded Warrior. From left: Debbie Pierce, Candy Zavala, Christine Reed, Bill Papa, Velma Smith, Terry Smith, Carrie Papa, Brown Zavala, and Brad Pierce. *Alicia Wagner Calzada*



The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.7 million members. These wartime veterans, working through 15,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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'Rocky Mountain Runaround'

I read with great interest about plans for a new VA hospital in Denver (November). I wish them luck. We in Nevada have long awaited such a hospital to care for our veterans. While it's finally under construction, it's not expected to be completed before 2012. My question is this: why does it take a decade or more to complete a VA hospital, but we can put up a casino hotel in two years?

— Jean Colby, Las Vegas



'On Guard'

Thank you so much for the article regarding the Patriot Guard (November). I attended my first military funeral when my grandson's brother-in-law passed away suddenly while on temporary duty in Fairbanks, Alaska. I was so impressed. Five Patriots and two motorcycle policemen came to Lumberton, Texas, to escort the family to the funeral home in Silsbee. When we arrived at the funeral home, Patriots lined the driveway, the front porch and the sidewalk, and they continued to remain at attention during a hot, humid August day.

After the service, the Guard escorted the funeral procession to the cemetery and stood at attention along the drive until the end of the service. With the exception of the beautiful sound of their motorcycles, they came quietly and left quietly.

I was impressed with the military funeral but was equally as impressed with the honor the Patriot Guard showed a departed brother in arms and his family. What a wonderful group of men and women who chose to give of themselves on such a day. Thanks to that Texas group, and thank you for a wonderful article and informative magazine.

— Mary Helen Iven, Santa Fe, Texas

I just finished reading the article on the Patriot Guard Riders. I am proud that the Guard owes its founding to my brothers in The American Legion Riders. I live in South Carolina and no longer have a bike. However, the Patriot Guard still welcomes me to stand in flag lines and drive my Jeep in processions. We "cage" drivers carry flags and provide food, water and first-aid supplies for them.

The Patriot Guard welcomes anyone to its ranks who honors and supports our military and their families, as well as our police, firefighters and first responders. Thank you for an article that clarifies who we are and what we do.

As one of the patches on my vest says, "I will stand with the PGR until the PGR stands for me." Come join us on the flag line.

— Dave Jordan, Rock Hill, S.C.

I just received my November magazine and wish to clear up a small error. The "On Guard" article refers to the Westboro, Kan., Baptist Church. The name of the church is Westboro Baptist Church, and it is located in Topeka, Kan. Westboro is a section of Topeka.

Most Topekans are embarrassed by the actions of West-

boro Baptist Church members. Their actions degrade the actions and sacrifices made by the many individuals who have fought and died to ensure that church members have the freedom of speech they use during their protests.

– Bob Lewis, Topeka, Kan.

Offshore oil drilling

In his opposition to lifting the ban on offshore drilling (Big Issues, November), Rep. Peter A. DeFazio, D-Ore., never gives a reason why we should not drill offshore. He claims that Congress could reduce the price of oil by up to 50 percent in 30 days, yet his party has been in a majority in Congress for the past two years, during which we have seen an unprecedented rise in oil prices.

DeFazio also says we have 100 years of natural gas reserves. The U.S. Energy Information Administration estimates the reserves of natural gas at 211 trillion cubic feet. In 2006, we used 21.6 trillion cubic feet of natural gas. That doesn't sound like 100 years of reserves to me.

– Thomas R. Slough Jr., Madison, Miss.

Regarding lifting the ban on offshore drilling, it seems that both Rep. Michelle Bachmann, R-Minn., and Rep. Peter DeFazio, D-Ore., are talking out of both sides of their mouths. This typical “political speak” is what gives politicians a bad name.

Bachmann gives a good argument for drilling, but she says it would take seven years to

get an offshore rig on line. This is an argument Democrats have used against drilling for oil, in favor of alternative forms of energy, they were saying 10 years.

Likewise, DeFazio gives a good argument against drilling in favor of alternative energy sources, but he says, “I support expanded drilling for oil in the National Petroleum Reserve-Alaska” So industry is not drilling enough. Go figure!

I believe we can accomplish considerable energy relief in one year. What happened at Pearl Harbor when our navy was all but destroyed? American ingenuity got us back operational in months, without the technology we have today. We need to stop buying foreign oil from potential enemies when we have oil of our own. At the same time, we need to develop alternative energy sources to relieve the economy and provide for our national security. Government should ease regulations and get out of the way.

– Eugene F. Conway, Riverdale, Ga.

Neither Rep. Michele Bachmann nor Rep. Peter DeFazio mention conservation as one solution to our energy problems. Why are our government officials so reluctant to promote conservation? Are they afraid to ask the American public to sacrifice? There seems to be a compulsion to use up our finite energy reserves. Why not save some for our grandchildren?

– Frederick Harriman, Endicott, N.Y.

‘Who Should Give the Speech?’

The November magazine addressed numerous issues most helpful to American Legion members. One – “Who Should Give the Speech?” by Craig Niederriter – especially caught my attention.

Niederriter highlighted so many important facts and considerations one should include in giving a Veterans Day speech. No doubt his insights come from firsthand experience in serving the country he loves.

The contributions of U.S. veterans are why our country is free today. They have a lot to offer in sharing their experiences in speeches, especially in Veterans Day ceremonies.

– Ronald L. Baker, Springfield, Va.

Give vets commissary access

As a past district commander in The American Legion, questions often come to my attention from veterans who have a 10-percent or more disability rating.

They believe the Department of Defense should give them access to commissary and PX facilities. These veterans are heroes and served their country honorably. The government is unfair in denying them the same access as active-duty servicemembers or returning veterans.

– Serafin Mora, Sebastian, Fla.

Editor's Note: A Rapid Fire story in the November issue, about the coast-to-coast highway project to honor Korean War veterans, overlooked the efforts of Mississippi veteran Bill Clark, who died in 2006. But others continue to make his dream a reality.

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Spirit of the GI Bill renewed

"Veterans were pouring back from the Pacific and Italian campaigns. Thousands were being discharged from hospitals without one cent in their pockets ... There was no provision for their training or employment. In view of the critical situation, I believed that Congress might make an exception of an omnibus bill to aid the millions fighting for their country."

Warren H. Atherton, American Legion national commander, 1943-1944

The American Legion's greatest accomplishment, many say, is the GI Bill. National officers, staff and blue-cap members in their local communities had everything to do with the idea, the final composition of the bill and fighting for its passage. The rest is history.

The United States was soon transformed. College-educated veterans became business leaders, teachers, musicians, doctors, public servants and, foremost, vibrant home-owning American families. The GI Bill launched a half-century of growth and prosperity.

That half-century ended about nine years ago. By that time, the education benefit for those who'd served in uniform had been whittled down to the point where the stipend did not cover the true cost of getting a degree. The GI Bill that put Henry Kissinger through Harvard was no longer capable of covering public-transportation fares for some students seeking community college degrees.

So it was with unabashed enthusiasm that The American Legion worked closely with Sen. James Webb, D-Va., in the drafting of a new and improved GI Bill last spring. The Post-9/11 Veterans Educational Assistance Act had its detractors, and the Legion quickly supported Webb in arguing that a better GI Bill would promote military recruitment more than discharge. In the end, that logic won, and the bill passed. VA is now hard at work to implement its many features, and Legionnaires have a new challenge on their hands.

The new GI Bill, for instance, does not replace the Montgomery GI Bill. It simply presents a different choice. VA soon will offer four prominent veteran education benefits: the Montgomery GI Bill, the Montgomery GI Bill-Selected Reserve, the Reserve Education Assistance Program and, coming Aug. 1, 2009, the Post-9/11 GI Bill. Each has its own set of benefits, and some veterans qualify for more than one set. States also have veteran-education programs, from scholarships to out-of-state tuition waivers. It can be confusing, and for many veterans, an educated decision is necessary to get the most out of it.

That is why The American Legion National Headquarters launched **www.mygibill.org** in November. The Web site explains in clear terms differences between the various benefits, answers to frequently asked questions, updates and alerts from VA, a map with clickable state-by-state benefits, and the story of The American Legion's role in the GI Bill's history, complete with a 10-minute documentary film.

Soon, veterans will also be able to log on and share with each others their experiences in the veteran-education process. The site is frequently updated, built for interaction and designed to grow and evolve with a new generation of veterans and Legionnaires alike, who are devoted, as the preamble of our constitution says, "to mutual helpfulness."

David K. Rehbein



National Commander
David K. Rehbein

MEMORANDA



VISIT WWW.MYGIBILL.ORG

For clear answers, frequent updates and a little history, visit The American Legion's new Web site. The site brings together numerous resources meant to help veterans decide how best to use their GI Bill benefits.

www.mygibill.org

CONSIDER GIVING TO NEF

In August, hurricanes Ike and Gustav devastated thousands of Americans, including many Legionnaires and Sons of The American Legion. In times of disaster, the Legion's National Emergency Fund is there with grants to help keep posts open and enable Legion family members to start rebuilding their homes and their lives.

You can help assist fellow veterans and their families by donating to the NEF. All contributions are used to meet members' most urgent needs; not a single dollar given is used for administrative costs or fundraising.

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Was financial rescue necessary?



YES

Sen. John Kerry, D-Mass.

■ Kerry is chairman of the Senate Subcommittee on Social Security, Pensions and Family Policy.

In the face of tough economic times, Americans are searching for solutions. We are living through a period that is the economic equivalent of Hurricane Katrina, when a huge storm became a catastrophe because government didn't respond to warnings that the levees were cracked. A number of America's largest financial service companies are underwater – bankrupt, bailed out, or recently acquired at fire-sale prices.

Yet with crisis comes opportunity. This is the moment for leadership and innovation.

The first step was to rescue a financial system that seriously threatened to hit U.S. families already struggling. What's next? There's no more direct way to help this country than by putting people to work. I believe we need to enact economic stimuli that will invest heavily in transportation and infrastructure projects that create jobs immediately and pump money into our local economies.

As we work to protect the middle class and reinvest in our workforce, we must also look to those hit hardest in this economy. I believe we have a special obligation to our veterans. These brave men and women who defended our nation with such honor deserve that same protection when they return home.

Earlier this year, I wrote the Military Family Home Protection and HEART acts to help protect U.S. military families and veterans from foreclosure, and to provide assistance during the economic crisis. Our veterans are one of our greatest resources, and as we work toward solutions for our economy, let's use this moment to take care of our soldiers and make all hard-working Americans more secure in the short run, stronger in the long run, and ready to make the 21st century an American century.



NO

Rep. Thaddeus G. McCotter, R-Mich.

■ McCotter is a member of the House Financial Services Committee.

Confronting the first financial panic of the new global economy, Congress unconscionably rushed to misjudgment and approved a \$700 billion Wall Street bailout the American people know is intrinsically unfair to them.

Initially, an exiting president and his Treasury secretary incited a panic to compel a compliant Congress to deliver upon this demand: "Main Street must bail out Wall Street, or how

the people will suffer." Justly, the U.S. House of Representatives heeded the sovereign people and refused. Recalcitrant, the administration pronounced a new ransom dictum: "No bailout for Wall Street, no tax relief for Main Street, and how the people will suffer." To this demand, the 110th Congress capitulated.

This ill-conceived, short-term stabilization bill is already being revised by the Treasury Department. Despite this revamping, the Wall Street bailout will not solve the new global economy's structural dysfunctions; it will re-inflate the financial bubble by \$700 billion, and only delay and distend our day of economic reckoning.

It cannot be otherwise, because the bailout bill's central economic construct is patently unfair to Americans: responsible working people must bail out irresponsible powerful people – or else.

Americans rejected this odious proposal, yet Congress approved it. In so doing, Congress chose between two visions for America – global materialism vs. American traditionalism – and established an abominable economic precedent.

In voting "yea," members of Congress chose Wall Street over Main Street, the big over the beautiful, the giant over the gentle, the great over the good.

THE HEART OF THE ISSUE

Congress passed the Emergency Economic Stabilization Act to rescue the U.S. financial system.

Opponents call it a Wall Street bailout.

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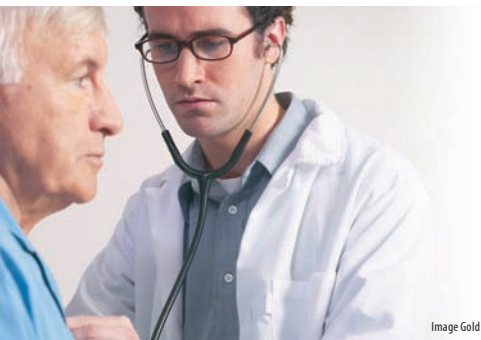


Image Gold

Americans ration their health care

The economic downturn is hitting people on multiple fronts. A new poll by the Kaiser Family Foundation finds that, compared to a year ago, more Americans are struggling to pay their medical bills:

36 percent of respondents said they or a family member postponed getting needed health care in the past year, compared to 29 percent a year ago

32 percent skipped a recommended medical test or treatment, compared to 24 percent a year ago

27 percent didn't fill a prescription, compared to 23 percent a year ago

22 percent cut pills or skipped doses of medicine, compared to 19 percent a year ago

NEARLY HALF

of those polled – **47 percent** – said they have cut back on health care in some way

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

'D'efense for the flu

BY MICHELLE GIBEAULT TRAUB

Ever wonder why flu tends to appear when temperatures drop? Scientists believe flu season occurs in the winter months due to a decrease in direct sunlight. Less sun exposure means less vitamin D production, a nutrient your body produces from the sun's rays. Studies have shown

that vitamin D plays an important role in immune function. When people are deficient in vitamin D, especially during the winter months, viruses invade. An easy solution is to increase your defenses by getting enough of this important nutrient. Most experts recommend consuming 1,000 IUs of vitamin D per day through fortified dairy products, fatty fish and nutritional supplements. But more D is not the only key to a healthy, strong immune system.

Drink Up. Tea can really boost the immune system. Studies show that compounds in white, green, black and red teas have antiviral properties that support the body's natural defenses. Add a splash of lemon juice for an even greater kick, since citrus juice helps to increase the antioxidant content of your drink.

Eat Well. Never underestimate the power of a healthy diet, says Dr. Ann Kulze, a private practice physician and



Brand X

Lessons learned from recent diabetes trials

BY DR. JOEL KUPERSMITH

Last year, results were reported from three large studies on treating diabetes. The challenge now for experts is figuring out what it all means for patients and doctors.

Two of the trials, published together in the *New England Journal of Medicine*, appeared to contradict each other. A National Institutes of Health-funded study that included more than 10,000

patients found that intensive drug therapy to lower blood sugar offered no added benefit for the heart. In fact, part of the trial was halted when researchers unexpectedly found a higher death rate among those receiving more aggressive treatment.

The second trial, which included 11,000 patients in Australia, Europe and Asia, found no such adverse effects.

nationally recognized nutrition and wellness expert. "Eat an abundance of brightly colored fruits and veggies to take advantage of their immune-boosting phytochemicals, vitamin C and beta carotene," she reminds her patients. Her favorites include berries, citrus fruits, kale, spinach, sweet potatoes and carrots. Foods such as mushrooms, broccoli, onions and garlic also have compounds that help the body fight infection. In addition, look for foods like yogurt and supplements with probiotics that help feed the immune cells produced in the digestive tract.

Increasing your intake of omega-3 fatty acids is yet another proven way to aid immune function. Omega-3 fats are found primarily in fatty fish like salmon, tuna and herring, and in smaller amounts in walnuts and flaxseeds. Finally, don't forget the old standby, chicken soup,

which helps to relieve inflammation and congestion.

Avoid Germs. Cold and flu viruses can't cause illness unless they find a way into your body. Their main points of entry are the eyes, nose and mouth. A good rule is to keep your hands away from your face. And think before you touch. For example, that pen at the pharmacy or grocery store has been touched by many other people before you. To minimize your exposure to germs, carry your own pen. Also, wash your hands after touching public property such as door-knobs, shopping carts or telephones. If hand washing is not an option, use antibacterial gel or wipes. Remember, a strong immune system is your greatest defense against illness.

Michelle Gibeault Traub is a registered dietitian and health writer living in Connecticut.

More 'D' from mushrooms?



Mushrooms produce vitamin D when exposed to sunlight. That's especially good news for vegetarians, since many of the food sources of vitamin D are animal products, including egg yolks and fish. The catch is that

mushrooms are normally grown under dark conditions. But given the need for more dietary sources of vitamin D, researchers are working with growers to uncover a way to harvest mushrooms with more vitamin D.

In June and September, researchers presented the results of VA's diabetes trial, which included nearly 1,800 veterans and ran seven years. It found that intensive glucose control did not reduce heart risk compared with standard treatment, nor did it yield added benefits for the kidneys or eyes. But tight control of other factors through medication and lifestyle changes did appear to improve outcomes.

Experts are still analyzing the three trials but have gleaned several lessons, including:

- Aggressive glucose control may be most helpful early in treatment.
- Controlling other risk factors – high blood pressure, cholesterol – is critical.
- Hypoglycemia, in which blood sugar drops too low from treatment, should be carefully avoided.

If you have diabetes, ask your doctor what these studies mean for your care.

Joel Kupersmith, M.D., is chief research and development officer for the Veterans Health Administration.

Kick the habit



For those wanting to stop smoking, the Mayo Clinic reminds you there is no better time than now – and that there are plenty of resources to help.

- Mayo recommends that smokers identify their reasons to quit. For example, it will improve your health and set a better example for your kids.
- Next, talk to your doctor about medicines that help ease the transition away from nicotine. Options include nicotine gum, nicotine patches and nicotine replacement therapy.
- Enlist the help of family and close friends and encourage any of them who smoke to quit with you.

Mayo has an entire section of its Web site devoted to helping people kick the habit of smoking.

<http://www.mayoclinic.com/health/quit-smoking/QS99999>

TESTING POSITIVE

Cancer 'sniffer'

The Monell Center, a scientific research organization based in Philadelphia, has pioneered a method that may help diagnose skin cancer by distinguishing its chemical "scent" from that of healthy skin cells.

"Human skin produces numerous airborne chemical molecules known as volatile organic compounds, or VOCs, many of which are odorous," the Monell Center reports. These VOCs serve as markers for healthy or cancerous skin cells. "Our findings may someday allow doctors to screen for and diagnose skin cancers at very early stages," says Monell's Dr. Michelle Gallagher.

www.monell.org

What to note on a nutrition label

BY MICHELLE GIBEAULT TRAUB

A nutrition label is an extremely helpful tool in making healthy food choices. Here are some tips to consider:



Serving size Get to know what standard servings, like a half or whole cup, actually look like by using a measuring cup.

Calories Most adult females need around 1600 calories per day, while adult males need approximately 2200 daily calories.

Saturated fat, trans fat Both types of fats can raise your risk for heart disease. Try to keep these numbers as low as possible.

Fiber Frequently overlooked, fiber is very important for weight and cholesterol management, digestive health, and blood sugar control. Aim for 25mg to 35 mg per day.

Calcium This is an important nutrient to track, as many people don't get the daily value of 1000 mg. To convert the percent DV for calcium to mg, simply add a zero (i.e., this product has 200 mg of calcium).

Ingredients Although listed last on a label, this should be the first place you look. In general, fewer ingredients are better. If a food has a long list of additives or reads like a chemistry textbook, you should probably steer clear. Ingredients are listed in order by weight (highest to lowest), so the first few ingredients are the most important. Try to limit your intake of ingredients that offer little nutritional value, such as:

- Partially hydrogenated oils that signal the presence of unhealthy, trans fats.
- High fructose corn syrup, which has been linked to an increased risk for obesity.
- Added sugars indicated by words that end in "ose" (fructose, dextrose, sucrose and the like).

Buyer beware

Food manufacturers have one major goal: selling their products. Keep that in mind when confronted by the following buzz words.

Fat free Although limiting saturated and trans fats is recommended, sometimes when fat is removed additional sugar is added. The resulting food may still be high in calories and low in nutrients.

No sugar added Just because a food doesn't have added sugar doesn't mean it's sugar-free.

Even healthy food choices can vary widely in their nutrient content, making label reading especially important. Keep a watchful eye when shopping for these popular staples.

Breakfast cereals Look for whole grain choices with at least 3 grams of fiber per serving and as little added sugar or sodium as possible.

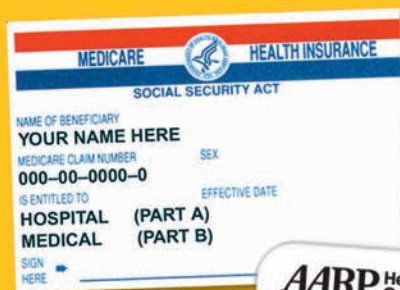
Yogurt Although all types of yogurt contain around 15 grams of carbohydrate per cup from natural sugars (lactose), some yogurts contain an additional 30-plus grams of added sugar. Look for reduced sugar choices, or buy plain varieties and add your own fruit and sweetener.

Granola bars Some granola bars are loaded with sugar and oils. Look for whole oats or brown rice as the main ingredient, and choose all-natural options with at least 2 grams of fiber.

Customize your label

- To lose weight, focus on serving size and overall calories.
- To lower your cholesterol, hone in on lowering saturated fats and trans fats and increasing soluble fiber.
- To lower high blood pressure, look for lower sodium.
- To keep blood sugar under control, avoid added sugars and keep total carbohydrates in check.

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***Government Accountability Office (GAO); Report GAO-04-960, "Medicare Demonstration PPO's Financial and other Advantages for Plans, Few Advantages for Beneficiaries." Washington, DC, September 2004.

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China

NORTH KOREA'S Nuclear Gamble

North Korea



South Korea

BY TAEWOO KIM

While 3 million North Koreans starved in the 1990s, Kim Jong Il's regime spent more than a third of the country's gross national product on its military forces. The communist dictator made his nuclear-weapons program a top priority. He was driven to join the world's "nuclear club," and seemed quite willing to do so over the dead bodies of his starving citizens. Since then, many nations – including the southern Republic of Korea and the United States – have helped the northern Democratic People's Republic of Korea feed its citizens. Yet Pyongyang's "military first" policy has not relented, and its nuclear ambitions have never been renounced.

In December 2007, a fundamental shift in South Korean politics ended a 10-year experiment in idealistic policies toward communist North Korea. The election of conservative presidential candidate Lee Myungbak, who took office Feb. 25, 2008, introduced a new era in foreign relations for the Republic of Korea (ROK). The previous administration of President Roh Muhyun espoused "Korean unity" and "autonomy" as the supreme values in his policy toward North Korea, especially with regard to its nuclear-weapons program.

In the name of Korean unity, Roh – like President Kim Daejung before him – followed a "sunshine policy," disregarding realist whistle-blowers, who argued that unconditional assistance to North Korea would strengthen its notorious political system and worsen an already grave security threat. Under the slogan of autonomy, Roh clamored for operational control of ROK forces during wartime. This led to the dissolution of the Combined Forces Command (CFC) by 2012, even if North Korea keeps its nuclear weapons. (CFC, a combined headquarters of ROK and U.S. forces, has protected South Korea for decades. After 2012, independent U.S. and ROK headquarters will replace CFC.)

Under the Kim and Roh administrations, Seoul's policy toward North Korea lost balance and harmony between ideals and realities. Hence, the Lee administration is heir to a very serious security problem.

False Wind of Peace. In recent years, diplomats proffered high hopes for eliminating nuclear weapons on the Korean peninsula. In February 2007, an agreement produced by six-party talks was heartening news, as it edged a bit closer to a nuclear settlement. North Korea agreed to shut down, seal and later disable nuclear facilities and programs. The following October, the North confirmed its earlier promise to implement second-stage measures – i.e., to disable the designated nuclear facilities and openly declare the existence of all nuclear facilities and programs. Many ROK citizens appreciated such developments, leading some to say that a strong "wind of peace" blew across the Korean peninsula in 2007.

This "wind of peace" proved to be false. The "wind" was a convenient alignment of political interests among the two Koreas and the United States. It allowed Pyongyang to buy time without complete nuclear disarmament, as disablement and declaration are not the same as dismantling bombs. It allowed the Roh administration to exaggerate and trumpet progress, as it sought to legitimize its sunshine policy before the presidential elections in South Korea. It benefited President Bush, who had disavowed neo-conservatives in favor of "pragmatic nuclear diplomacy," and had every reason to keep the positive momentum alive.

In late 2007, disconcerting developments blocked the "wind of peace." North Korea failed to complete its promised declaration and disablement by the end of that year, and still warns that it may further delay such disablement if Washington procrastinates over its promises. In the February and October 2007 agreements, Washington pledged to conduct bilateral talks for normalizing relations, to remove North Korea from the State Department's list of state sponsors of terrorism, and to annul the Trading with the Enemy Act. However, Washington and Pyongyang disagree over fulfillment of each other's obligations, as well as technical details for declaration and disablement. The uranium-enrichment program (UEP) also remains a point of contention, as North Korea – which admitted to a UEP in 2002 – has since vigorously denied its existence.

Muddling Through. Theoretically, North Korea has three hands to play in the future nuclear game: early compromise, resumption of nuclear weapons production, or simply “muddling through.” As long as President Bush stuck to “complete, verifiable and irreversible dismantlement,” North Korea had only the first two choices.

Pyongyang now has reason to believe that a third way is possible with the recent U.S. policy shift to pragmatism. It sees a United States enmeshed in Iraq and Afghanistan, strapped with economic woes, and distracted by election-year politics. It sees President Bush as a lame duck, lacking the political capital and will to execute a firm foreign policy. Yet Pyongyang must also see the implications of President-elect Obama’s statement that the “U.S.-(South) Korea relationship has been adrift in recent years,” as well as his willingness to negotiate directly with Pyongyang. Hence, North Korea is likely to muddle through much of 2009, without fully committing itself to negotiations over disposal of nuclear weapons, fissionable material, and its UEP.

If North Korea chooses to delay, it will buy as much time as possible by stalling the declaration and disablement process. Pyongyang will quarrel over U.S. compliance with the agreements on one pretext or another. Even if the North implements the declaratory and disablement steps some time this year, it can still earn more time by bickering over conditions for participating in more disarmament talks.

Kim Jong Il’s government may resurrect its request for U.S.-supplied light-water reactors as a

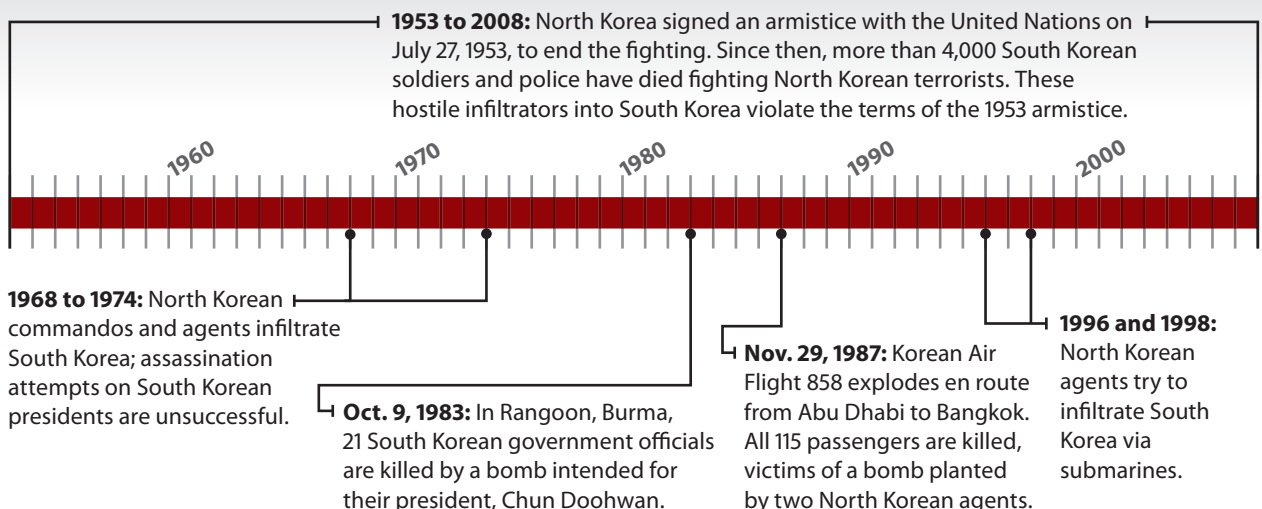
new agenda item, or abruptly demand separate nuclear-arms control talks between the *de jure* and *de facto* nuclear-weapon states. For the North, agenda-slicing may be the most promising tactic. The six-party talks began in 2003 to “denuclearize” North Korea, but Pyongyang has successfully broken down that topic into three categories: shutdown and sealing, declaration and disablement, and whatever measures are left.

Above all, we must recognize that North Korea’s abandonment of its nuclear-weapons program is a precarious choice for Kim Jong Il’s regime, which regards its nuclear weapons as the supreme safeguard of its political system. By muddling through supposed dismantlement, it can keep some nuclear weapons intact. Any vacillation by the Obama administration may lead Pyongyang to believe it can win U.S. acceptance as a nuclear-weapons state.

Challenges for Seoul. President Lee Myungbak and his government must push North Korea for timely completion of declaration and disablement, and opening talks for nuclear disarmament. No matter how difficult the process may be, Seoul must keep alive the process for peaceful resolution of the nuclear issue. How it deals with exasperating tactics of negotiation remains to be seen.

If the Lee government recognizes the importance of balance and harmony between ideals and realities, it should also acknowledge the real nuclear threat from the North and prepare for the worst-case scenario. South Korean security is held hostage by North Korean nuclear bombs and delivery vehicles. It is painfully true that North

TIMELINE OF NORTH KOREAN TERRORISM



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Korean missiles can strike targets in the South within three to seven minutes, rendering the South's missile defenses almost useless. North Korean agents can infiltrate Seoul and detonate nuclear "dirty" bombs.

The Lee government must take precautions against the failure of diplomacy to undo North Korea's nuclear-weapons program. The new administration should have the following items on its laundry list: revitalizing the ROK-U.S. alliance and confirming the U.S. nuclear umbrella, establishing a new ROK-U.S. combined-response system, building an independent South Korean deterrent capability against weapons of mass destruction (WMDs), and new plans to search and dismantle WMDs in case Kim Jong Il's regime suddenly collapses.

For its own deterrent capability, South Korea must upgrade its early-warning systems and precision-strike capability. Cruise missiles need to be developed, as well as earth-penetrating weapons, unmanned air-combat vehicles and ballistic-missile submarines.

Seoul's policy toward North Korea should reflect some support for reunification. But it cannot disregard the dangers of today.

First, the Lee administration needs to deal with each of North Korea's two faces – reunification partner and security threat – at the same time. The "reunification face" requires Seoul's sustained

efforts for inter-Korean reconciliation and a diplomatic solution to the nuclear problem. Likewise, it will justify President Lee's campaign pledge to support North Korea's economy if it gives up nuclear weapons and opens up to the international community. Simultaneously, the "security threat face" compels South Korea to beware of Kim Jong Il and his Stalinist regime.

Second, international collaboration is no less important than inter-Korean collaboration. The international community, led by the United States has leverage against the communist nation. In this sense, the Roh government and its efforts to solve the nuclear problem within the framework of Korean unity and autonomy represented an idealistic approach doomed to failure.

Third, South Korean policy should aim to transform the communist political system. North Korea's nuclear arms serve largely to safeguard its monolithic system, and to protect the privileges of Kim Jong Il's inner circle. Democratic reforms in North Korea, coupled with economic reforms that improve the quality of life for the ordinary citizen, will eliminate the *raison d'être* of the bombs.

A nuclear compromise that leaves North Korea's inhumane system intact is a dormant volcano that will erupt into another WMD controversy in the future. North Korea's argument that it needs nuclear weapons to defend itself against the United States is untenable. The United States is not hostile to small democratic countries that do not possess or claim to possess WMDs. In this context, transparency in the distribution of North Korea-bound assistance is vitally important. While transparency will allow North Koreans to learn about the outside world, direct assistance to Pyongyang for unsupervised distribution will only be used to intensify control over its citizens.

Finally, a WMD-free Korean peninsula should be the ultimate goal. Along with complete nuclear disarmament, all biological and chemical weapons and long-range missiles should be eliminated. A WMD-free Korean peninsula is a prerequisite for a lasting peace.

RECORD OF A ROGUE STATE

North Korea had long insisted on being removed from the U.S. State Department's list of countries that support terrorism. Although that wish was finally granted last October, the rogue state's dossier includes several connections to terrorist activities.

In December 2007, the Congressional Research Service (CRS) reported on North Korea's link to the Lebanese terrorist group Hezbollah, via arms and training support. The program allegedly began in the 1980s with visits to North Korea by Hezbollah members for training. After 2000, North Korean military specialists began to train Hezbollah members in Lebanon.

CRS said this training "significantly improved Hezbollah's ability to fight the Israelis" during their 2006 conflict.

In another report by prominent South Korean academician Moon Chungin, the Israeli intelligence agency Mossad believes that vital missile components used by Hezbollah against Israel came from North Korea. Hezbollah captured two Israeli soldiers in a cross-border raid in July 2006, setting off a 34-day war with Israel that claimed the lives of about 1,200 Lebanese.

The Need to Stand Firm. The aforementioned five principles also apply to Washington's North Korea policy, and they must be applied without any vacillation – that is taboo. Washington's vacillation over complete, verifiable and irreversible dismantlement (CVID) sends North Korea mixed signals and enables its strategy of "muddling through."

North Korea's triumph in its nuclear-arms policy was reflected in President Bush's subtle retreat



In this 2006 photo, a banner displayed in North Korea's capital reads, "Glory to the events in (our) nation's 5,000-year history that have made us a nuclear country!" Such banners applauding the country's nuclear program are common in Pyongyang. AP

from his original demands. The United States has shifted from "don't make plutonium" to "don't test the bomb," and then to "don't proliferate them." In addition, President Bush abandoned the three "no's" he avowed as unshakeable principles toward North Korea. He openly pledged no direct negotiation with North Korea, no compensation for bad conduct, and no other deal than CVID. But in January 2007, the Bush administration invited Kim Gyekwan to Berlin for direct talks.

The following month, Bush's cabinet promised various compensations, despite North Korea's October 2006 nuclear test. Subsequently, Washington signed an agreement with Pyongyang that did not hold North Korea to the CVID dictum.

Over the past 20 years, North Korea has repeated the cycle of crisis escalation, negotiation and compensation; its bargaining position has improved consistently.

For example, North Korea pledged last June to dismantle its nuclear programs, blowing up the cooling tower at its Yongbyon reactor facility with widespread media coverage. Yet Pyongyang shied away from any pledges to stop its UEP or end nuclear proliferation to other countries, such as Syria. Two months later, the North threatened to reactivate its Yongbyon facility because it had not yet been removed from the U.S. "blacklist" of countries that sponsor terrorism. About six weeks later, on Oct. 11, the Bush administration took North Korea off that list, after Pyongyang agreed to allow international inspectors into declared nuclear sites.

Dismantling of the Yongbyon plutonium plant has apparently resumed. But other key issues remain unresolved: North Korea's missile program, and its stockpile of weapons-grade plutonium (an

estimated 110 pounds, enough to produce 10 nuclear bombs).

Now, Pyongyang is demanding direct nuclear-arms control talks with the United States. Pyongyang's aggressive attitude was reflected in the 2007 remarks of Kim Gyekwan, chief nuclear negotiator for North Korea, to the Asia Society in Washington. He asked his U.S. counterparts to "tolerate the North Korean bombs," pointing to the tolerance of India's nuclear arsenal as a precedent. But it would be extremely naive to believe that a flexible policy toward North Korea will convince Pyongyang to abandon its nuclear weapons.

South Koreans want to restore a robust bilateral alliance with the United States, and renewed cooperation between Seoul and Washington over several important issues. The timetable for dissolving the Combined Forces Command needs to be renegotiated. South Korea must have a credible deterrent against weapons of mass destruction.

For the United States, it is important to recognize the threat to its interests in the region. Allowing North Korea to continue its development of nuclear weapons – and the missiles to deliver them – will cause conservative Japanese to call for a nuclear-armed Japan, antagonizing China and Russia.

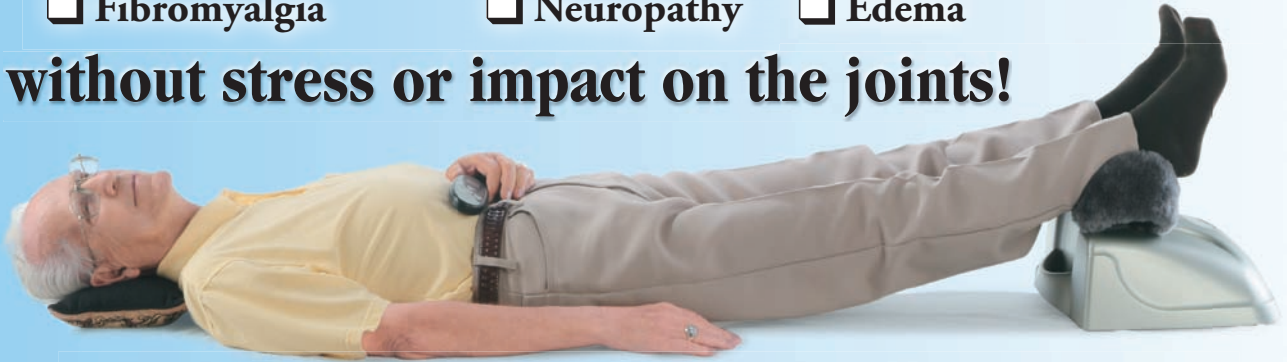
The United States must realize that abandoning its hardline policy toward North Korea in favor of a flexible, pragmatic policy, has not been in its own or South Korea's best interests. While some claim that this new policy shift will lead to a nuclear-free North Korea, the facts speak otherwise. 🌿

Taewoo Kim is a senior research fellow at Seoul's Korea Institute for Defense Analyses, founded in 1979 as a comprehensive research center that covers a wide range of policy issues.

Passive exercise can help...

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Stress | <input type="checkbox"/> Joint Pain | <input type="checkbox"/> Restless Leg Syndrome |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Constipation | <input type="checkbox"/> Poor Circulation |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Back Pain | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Sleep Apnea |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Neuropathy | <input type="checkbox"/> Edema |

without stress or impact on the joints!



Are you unable to do aerobic type exercise such as • Running • Jumping • Swimming • Bicycling? If so, you should be using the Exerciser 2000 Elite™.



Receive some of the benefits of aerobic exercise with passive exercise



Increase circulation throughout the body

Increased mobility

Energize the body

Helps relieve stiffness from head to toe

Relaxation of the back muscles

Features

- Built in an ISO-9001 CERTIFIED facility
- FDA Class Registered
- ETL Approval
- 5-speed operation
- 2 pre-programmed selections
 - one for relaxation
 - one for energizing
- Heavy duty, high torque DC motor
- Wide cushioned ankle rest
- 16 minute digital timer with safety shut-off
- **2 year parts and labor warranty**
- Weighs only 15 pounds
- 15" wide x 13.5" deep x 9.5" high

How Does the Exerciser 2000 Elite™ Work?

- Just lie down, place your ankles on the ankle rest, turn the machine on and let it do the work.
- It creates a 2 inch, right to left movement that gently moves the body back and forth.
- This gentle swinging motion cycles up through the whole body, creating an exercise movement without stress or impact on the joints.

Don't be fooled by cheap imitations

What people are saying about the Exerciser 2000 Elite™

I have had pain in both of my knees since I had them replaced in 2000, 6 months apart. My husband purchased one of your Exerciser 2000 Elite™ machines. I use it when I first get up in the morning and the last thing at night before I go to bed. I put two pillows under my knees for support and use the lowest speed for a few minutes. After a couple of days I worked up to a full 16 minute session. What a blessing! I have no pain, can walk better, keep my balance better and am so grateful, at 77, to lead a normal life again. I thank you so much. —Gwen S.

I had been spending my days just waiting when I saw your ad in a magazine for the Exerciser 2000 Elite™. I had edema of my left foot and leg, two bad falls and a fear of falling which made me inactive. I'm 97 years old. Could it really help me? My daughter encouraged me to try it. I did. It's working! I feel alive again and have a new zest for life, thanks to you. —Grace R.
P.S. My daughter loves it too!

Little did I know when I ordered the Exerciser 2000 Elite™ that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser 2000 Elite™ for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the syndrome subsides. After wrestling with restless legs for a long time she is all smiles in the morning. Happy days are here again! Just thought you would like to know. —Dick P.

I want to tell you and everyone how much I like the Exerciser 2000 Elite™. I had such lower back pain that I could not stand it. I saw your ad in a magazine two years ago. At that time, I thought it wouldn't help. But, I ordered one anyway. Up to the time I received the Exerciser 2000 Elite™, I still had doubts if it would work. I was wrong. I have used it for four months now. Now I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser 2000 Elite™. I would not ever part with it. It is the greatest thing I ever bought. —Clifford C.

This is just a note to thank you for the rebate check. I am more grateful to you than ever – and I was already grateful because I am getting so much good out of my Exerciser 2000 Elite™, far more than I expected. I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I am far less stiff and my thinking is clearer. I also have a great deal more energy. When you say that your company is in the business of “helping people feel better”, it is no fib! —Kate B.



**Do you have trouble
getting down on the floor?**

Call or visit our website for information
about the Clark Exerciser Elite™ Table!

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Use code **A200** when
ordering by phone or
website and receive a
promotional price of
\$389.95 and
FREE shipping in the
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90 Day No Risk
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Save \$100 on reconditioned units when available.

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SMOKE-FREE OR FREEDOM TO SMOKE?



HOW SOCIABLE, EVEN GLAMOROUS, it all once seemed. Today, the lighting of a cigarette is commonly regarded as the epitome of antisocial behavior. Leading men and women of the silver screen once puffed away before audiences of all ages, but today the New York State Department of Health announces in full-page ads that cigarettes “don’t belong in youth-rated movies, period.”

Once glorified on the silver screen and accepted in society, cigarette smoking has since been driven to the brink of illegality. It all started with a study by a VA doctor.

Cigarette smoking – having seen its romantic allure blown away by a whirlwind of health studies, education programs and advertising campaigns – is now at the center of a heated national debate. Controversial bans on smoking in public places divide the “right to smoke” crowd from those who demand to breathe smoke-free air. Questions over the legality of lighting up – and where one can do so – have ignited a feud that tests the boundaries of individual rights. Uncertainty remains about where the line should be drawn between personal choice and public health.

Attitudes toward smoking began to change significantly in 1964 when the U.S. Army Surgeon General’s Office issued a report about the health risks to smokers, based largely on findings of VA hospital pathologist Oscar Auerbach. He meticulously established the correlation between smoking and lung cancer with research on thousands of human lung-tissue samples (another part of his research featured 86 beagles trained to smoke cigarettes).

Heeding the Army surgeon general’s warning, waves of Americans began snuffing out, never to light up again. The percentage of adult Americans who smoked cigarettes dropped from about 42 percent in 1965 to 37 percent in 1970. In later years, the association between smoking and lung disease became clearer, and the cost of health care and insurance began to climb. The financial impact of smoking shifted from what it cost for a pack of cigarettes to what it cost in taxes and government-funded medicine.

B Y M A R G A R E T D A V I D S O N



OVERSEAS SMOKING IS ON THE RISE

The number of smokers in the United States has dropped steadily since the mid-1960s, but consumers in countries around the world are making up for it. A World Health Organization (WHO) report released last February predicts that 80 percent of more than 8 million yearly tobacco-related deaths expected by 2030 will occur in developing nations around the world. Almost two-thirds of the world's smokers reside in 10 countries, about 30 percent in China. WHO predicts that as many as 100 million Chinese males younger than 30 will die from tobacco use.

A global effort is now under way to clear the air. In its "Global Tobacco Epidemic 2008" report, WHO calls on governments to take new measures, including protecting citizens from secondhand smoke and raising taxes on tobacco products. Smoking bans like those sweeping the United States are starting to take hold in other parts of the world. However, WHO reports that only 5 percent of the world population operates with any comprehensive smoke-free legislation.

The organization sees another strategy: "Raising taxes,

and therefore prices, is the most effective way to reduce tobacco use, and especially to discourage young people from using tobacco," a WHO report states. "A 70-percent increase in the price of tobacco could prevent up to a quarter of all tobacco-related deaths worldwide."

Higher prices, however, give rise to illegal trafficking. "Cigarette smuggling is an important element of the international tobacco problem," David Satcher, a former surgeon general, wrote in the *American Journal of Public Health*. "About one-fifth of annual worldwide cigarette production is exported. Only two-thirds of exported cigarettes show up as legal imports in other countries each year. The 'missing' cigarettes, about 6 percent of all those manufactured, are most likely smuggled around the world."

Tobacco companies faced with declining U.S. consumption are expanding their sales in rapidly developing countries, says Dr. Margaret Chan of WHO. "To the tobacco companies, these economies represent vast new marketplaces."

Amish mantle and miracle invention help home heat bills hit rock bottom

Miracle heaters being given away free with orders for real Amish fireplace mantles to announce the invention that help slash heat bills, but Amish craftsmen under strain of winter rush forces household limit of 2

Save money: only uses about 8¢ electric an hour; so turn down your thermostat and never be cold again

By MARK WOODS
Universal Media Syndicate

(UMS) Everyone hates high heat bills. But we're all sick and tired of simply turning down the thermostat and then being cold.

Well now, the popular HEAT SURGE® miracle heaters are actually being given away free to the general public for the next 7 days starting at precisely 8:00 a.m. today.

The only thing readers have to do is call the National Distribution Hotline before the 7-day deadline with their order for the handmade Amish Fireplace Mantle. Everyone who does is instantly being awarded the miracle heater absolutely free.

This is all happening to announce the HEAT SURGE Roll-n-Glow® Fireplace which actually rolls from room-to-room so you can turn down your thermostat and take the heat with you anywhere. That way, everyone who gets them first can immediately start saving on their heat bills.

Just in time for winter weather, portable Amish encased fireplaces are being delivered directly to the doors of all those who beat the deadline.

These remarkable fireplaces are being called a miracle because they have what's being called the 'Fireless Flame' patented technology that gives you the peaceful flicker of a real fire but without any flames, fumes, smells, ashes or mess. Everyone is getting them because they require no chimney and no



■ **GENUINE AMISH MANTLES MADE IN THE USA:** Everyone wants to save money on heat bills this winter, so entire Amish communities are working from the crack of dawn to finish. These fine real wood Amish made fireplace mantles are built to last forever. The oak mantle is a real steal at just two hundred ninety-eight dollars because all those who beat the order deadline by calling the National Hotline at 1-800-240-5764 to order the fireplace mantles are actually getting the imported hi-tech Fireless Flame HEAT SURGE miracle heaters for free.

vent. You just plug them in.

The Fireless Flame looks so real it amazes everybody because it has no real fire. So what's the catch? Well, soft spoken Amish craftsmen who take their time hand building the mantles have a process that forces a strict household limit of 2 to keep up with orders.

"We can barely keep up ever since we started giving heaters away free. Now that it's really cold outside, everyone's trying to get them. Amish craftsmen are working their fingers to the bone to be sure everyone gets their delivery in time to save a lot of money,"

confirms Timothy Milton, National Shipping Director.

"These portable Roll-n-Glow Fireplaces are the latest home decorating sensation. They actually give you a beautifully redecorated room while they quickly heat from wall to wall. It's the best way to dress up every room, stay really warm and slash your heat bills all at the same time," says Josette Holland, Home Makeover Expert.

And here's the best part. Readers who beat the 7-day order deadline are getting their imported hi-tech miracle heaters free when encased in the Amish built

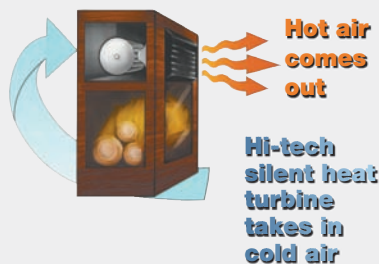
real wood fireplace mantles. The mantles are being handmade in the USA right in the heart of Amish country where they are beautifully hand-rubbed, stained and varnished.

You just can't find custom made Amish mantles like this in the national chain stores. That makes the oak mantle a real steal for just two hundred ninety-eight dollars since the entire cost of the miracle heater is free.

This free giveaway is the best way to slash heating bills and stay warm through the dead of winter. The HEAT SURGE Roll-n-Glow Fireplace gives

HEAT SURGE® Fireless Flame

How It Works: The HEAT SURGE miracle heater is a work of engineering genius from the China coast so advanced, you simply plug it into any standard wall outlet. It uses only about 8¢ of electric an hour on the standard setting. Yet, it produces up to an amazing 5,119 BTU's on the high setting. An on board Powerful hi-tech heat turbine silently forces hot air out into the room so you feel the bone soothing heat instantly. It even has certification of Underwriters Laboratories coveted UL listing. It also comes with a limited full year replacement or money back warranty plus a 30-Day Satisfaction Guarantee.

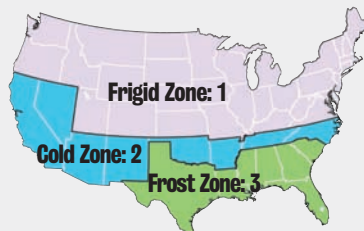


How to get 2 free heaters

The National Toll Free Hotlines are now open. All those who beat the 7-day order deadline to cover the cost of the Amish made Fireplace Mantle and shipping get the HEAT SURGE miracle heater free.

A strict limit of 2 per household has been imposed. Since some home woodworkers want to build their own mantle piece, they are letting people get the imported miracle heater alone for just \$249. Or, with the Amish made mantle you get the miracle heater free.

Use the map below to locate the weather zone you live in and call the Hotline number for your zone.



Claim Code: FP6495

EVERYONE LIVING IN THE

Frigid Zone: 1

**START CALLING AT
8:00 A.M. TODAY**

1-800-240-5764

EVERYONE LIVING IN THE

Cold Zone: 2

**START CALLING AT
8:30 A.M. TODAY**

1-800-326-1627

EVERYONE LIVING IN THE

Frost Zone: 3

**START CALLING AT
9:00 A.M. TODAY**

1-800-504-8093

FOR HEAT SURGE, LLC 3939 EVERHARD RD., CANTON OH 44709

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■ **ON THEIR WAY:** Winter rush orders have turned country roads into pipelines to the big city delivery system. Everybody wants a fireplace that comes fully assembled with a handmade Amish mantle in oak or cherry finish and gets delivered by truck right to your door. All you do is plug it in.

you zone heating and all the beauty and warmth of a built-in fireplace but rolls from room-to-room so it can also save you a ton of money on heating bills.

Even people in California and Florida are flocking to get them so they may never have to turn on their furnace all winter. And since it uses only about 8 cents of electric an hour on the standard setting, the potential savings

are absolutely incredible.

"We are making sure no one gets left out, but you better hurry because entire communities of Amish craftsmen are straining to keep up with demands. For now, we are turning away all dealers in order to let readers have two per household just as long as they call before the deadline," confirms Milton.

It's a really smart decision to get two right now because

for only the next 7 days you get both miracle heaters free. That's like putting five hundred bucks right in your pocket and you can save even more money on your monthly heating bills.

"Everyone's calling to get one but those who really want to save a lot of money are surprising the whole family by getting two. So when lines are busy keep trying or log onto amishfireplaces.com. We

promise to get to every call. Then we can have a delivery truck out to your door right away with your beautiful Heat Surge Roll-n-Glow Fireplace," Milton said.

"You'll instantly feel bone soothing heat in any room. You will never have to be cold again," he said. ■

On the worldwide web:
www.amishfireplaces.com

Rolls anywhere to throw an instant heat wave with no chimney, no vents, no wood and no smoke



■ **EASILY ROLLS ANYWHERE:** This is the portable Roll-n-Glow® Fireplace that easily rolls from bedroom to living room to keep you warm. No vents, no chimney and no tools. Just plug it in.



■ **SAVES ON BILLS:** Everyone can get low bills and stay warm and cozy. The new Roll-n-Glow Fireplace saves a ton of money and makes your front room look like a million bucks.



■ **SAFE:** The Fireless Flame looks so real it fools everybody but there is no real fire. That makes the flame safe to the touch. It's where the kids will play and the cat and dog will sleep.



■ **FREE:** Get this \$249 miracle heater free. It is being given away free to all who beat the 7-day order deadline for your choice of the oak or cherry finish Amish Mantles. The free heater comes already encased.

In 1986, the conundrum no longer belonged only to the nicotine-addicted. That year, the surgeon general's office produced new alerts about the menace of secondhand smoke. "Scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke," one report warned.

Today, little scientific question remains about the dangers of smoking. Smokers will, on average, live 13 to 14 fewer years than nonsmokers, according to the Centers for Disease Control and Prevention, which recognize cigarette smoking as the greatest preventable cause of death. About 438,000 deaths in the country each year are deemed to have been caused by smoking. That's more than the number of deaths from AIDS, automobile crashes, alcohol, cocaine, heroin, fire, homicide and suicide combined, according to the Institute of Medicine.

The same report calculates the economic ramifications of smoking in the billions of dollars. Lost work productivity resulting from tobacco-related

death is estimated at about \$92 billion per year, with related health-care expenditures at another \$89 billion a year. Some question the estimates of health costs. In a macabre argument, they say the government saves money because smokers die at a younger age, thereby reducing Medicare funds needed for health care in their senior years.

Smoking can be tough to quit. Daryl Bly, 61, of Ripon, Wis., who smoked for about 35 years, says he made about 10 attempts but couldn't break the habit until he got connected with a smoking-cessation program designed for veterans. "They gave me a lot of ideas that I didn't think of to do," he says. The increasing price of cigarettes and his employer's new health initiative – taking \$60 each month from the salaries of employees who smoked – served as strong incentives.

Bly is among about 400 military personnel and veterans in Wisconsin who have enrolled in Operation Quit Tobacco, which provides veterans

BIG TOBACCO MEANS BIG MONEY FOR STATES

Forty-six states, the District of Columbia and U.S. territories receive annual payments in a legal settlement with tobacco companies. In many cases, recipients of that money are under attack for not using more of it to curb use. The settlement arose in 1998 when four of the largest tobacco companies, faced with state lawsuits over health costs caused by tobacco use, agreed to pay what the Government Accountability Office estimates at about \$200 billion over the first 25 years of the settlement, with payments to continue in perpetuity. The exact amount is still to be determined; payments vary from year to year because they are based on factors including inflation, cigarette sales volume and market share by company. Whatever the amount, it's the largest civil settlement ever reached in the United States.

The Campaign for Tobacco-Free Kids is among those calling for more of the funds to be used for tobacco control. Most of the states "fail to fund tobacco prevention programs at minimum levels recommended by the U.S. Centers for Disease Control and Prevention (CDC) and, altogether, the states are providing less than half what the CDC has recommended," the Campaign for Tobacco-Free Kids charged in its 2007 report, "A Broken Promise to Our Children."

That breakdown, the report says, "is especially troubling in light of recent national surveys indicating that the remarkable progress the United States has made in reducing smoking has stalled among both youth and adults." The report does note that states increased funding for tobacco prevention and cessation for fiscal 2008 by 20 percent, to a total of \$717.2 million, an amount that is still less than half the CDC recommendation.

The so-called Master Settlement Agreement did not stipulate how the funds were to be used, and recipients have been spending the money in a wide variety of ways. From 2000 through 2005, the largest single portion – 30 percent (\$16.8 billion) – went to health care, according to the Government Accountability Office. The second largest portion, 22 percent (\$12.8 billion), went to cover budget shortfalls. Only 3.5 percent was allocated for tobacco control.

Settlement payments are not the only large sums tobacco adds to state coffers. In addition to the \$8.1 billion states get from the settlement during fiscal year 2008, they are expected to receive \$16.8 billion in revenue from tobacco taxes. The average state cigarette tax is now \$1.11 a pack, up from 43 cents in 2002; the federal excise tax is another 39 cents per pack. It's been argued that the taxes not only produce revenue but also reduce smoking and trim health-care costs.

The effect taxes have on the number of cigarettes smoked is often disputed. CDC reports that a price increase of 10 percent can reduce consumption by about 5 percent.

Critics of the tax complain that it's unfair to single out smokers to fund government programs unrelated to smoking. They are concerned that a large portion of the revenue burden is likely to fall disproportionately on low-income Americans.

Emperor Napoleon III of France once coveted the revenue such taxes could yield. Tobacco use "brings in 100 million francs each year," he reportedly said. "I will certainly forbid it at once – as soon as you can name a virtue that brings in as much revenue."

with free coaching and a starter kit of nicotine patches or nicotine gum.

“Evidence-based counseling, combined with one of the FDA-approved medications, is the best prescription for quitting,” says Dr. Michael Fiore, director of the University of Wisconsin Center for Tobacco Research and Intervention, which works with the veterans program. Similar smoking-cessation programs for current and former servicemembers are offered elsewhere in the country.

On average, veterans and servicemembers smoke more than the general population, Fiore says. Tobacco has accompanied soldiers to war as long as it has been available. Combat troops were once issued cigarettes in their rations, and servicemembers could purchase cigarettes at greatly reduced prices from the PX or ship’s store. Gen. John “Black Jack” Pershing reportedly said his soldiers needed “tobacco as much as bullets” to win at war. Some have argued that, because the military introduced them to tobacco, the federal government should be liable for compensation to veterans with tobacco-linked ailments.

Fiore says the number of smokers in the military varies by branch of service, citing these 2005 rates: Army, 38 percent; Marines, 36 percent; Navy, 32 percent; and Air Force, 23 percent.

Among all Americans, about one in five smokes.

But smoking isn’t as easy as it used to be.

According to the Campaign for Tobacco-Free Kids, 23 states have adopted smoking bans that include restaurants and bars, and four more have laws prohibiting smoking in restaurants but not in stand-alone bars. More such laws are in the works, often held up by heated debates over the variety of locales where restrictions are to be imposed.

Tavern owners have been among the most fervent opponents of smoking bans, arguing that if their customers can’t smoke, they won’t come at all, especially if smoking is allowed in establishments in nearby cities or states. Supporters of bans, on the other hand, argue that more customers will come and stay longer if they don’t have to sit in a smoky haze. The battle has often developed into a war of numbers, fired off by both sides trying to emphasize the economic consequences.

“The evidence is clear that smoke-free laws protect health without harming business,” the Campaign for Tobacco-Free Kids argues in its report. “Dozens of studies and hard economic data have shown that smoke-free laws do not harm sales or employment in restaurants and bars, and sometimes have a positive impact.”

Not so, others say. “The problem with most



AMONG ALL
AMERICANS,
ABOUT ONE IN FIVE
SMOKES.
BUT SMOKING
ISN'T AS EASY
AS IT USED TO BE.

studies that have been conducted is that they look at changes within a single city or municipality over time, rather than at the relative revenue changes over time in comparable smoke-free and smoke-friendly areas,” Julian Sanchez wrote in *Reason*, which calls itself the magazine “of free minds and free markets.”

Like the taverns, some veterans clubs face smoking bans that may threaten their continued existence. Some are already coping with empty bar stools as old veterans die and many new veterans don’t join.

Legislators have debated whether members-only establishments should be exempt. In Pennsylvania, State Rep. Robert Belfanti has been seeking exemptions for small bars, social clubs and veterans organizations. Belfanti, who served in the Marine Corps during the Vietnam War, estimates that about half the veterans he represents are smokers. “When I was in the service, probably 80 percent of the people in the service smoked,” he says.

While some veterans opposing the bans argue they fought for individual rights, including their right to smoke, others see it differently. “No one is taking away anyone’s right to smoke,” Robert Mehrman of Beverly, Mass., wrote in a letter on a newspaper Web site, but he said he also has a right to breathe clean air. “As a veteran, I believe that the government I fought for makes laws not to satisfy one individual’s wishes but to serve the greater public good.”

Why not let business owners decide whether to allow smoking, and customers decide whether they want to frequent a smoking or nonsmoking place? Opponents of that idea argue it would jeopardize the health of employees exposed to smoke in the workplace.

Nor will separating smokers, ventilating buildings or cleaning the air eliminate nonsmoker exposure to secondhand smoke, according to the surgeon general’s report. “Conventional air-clean-

ing systems can remove large particles, but not the smaller particles or the gases found in secondhand smoke,” it says.

The degree of secondhand smoke risk is often debated. ABC broadcaster John Stossel, known for his “Give Me a Break” segments, questioned the extent of risks in a 2006 report. He conceded that nonsmokers can be harmed by smokers but questioned the amount of exposure before harm is done. “Studies that followed nonsmokers who lived with smokers found some increase in lung cancer and heart disease,” he acknowledged. “But they studied people who were exposed to lots of smoke, often shut in with chain smokers for years in claustrophobic situations like homes and cars. Even then, some of the studies found no effect. Nevertheless, it’s been enough to launch a movement to ban smoking most everywhere.”

Some have proposed tax incentives to businesses that ban smoking, or imposing ventilation require-

DEATH OF THE SMOKERS’ LOUNGE

Historic Quincy, Ill., is home to the state’s largest veterans home, a 210-acre campus founded in 1886 for disabled veterans of the Mexican and Civil wars. Last year, it became a battleground in the war over smoking prohibition. On Jan. 1, residents were required to go at least 15 feet away from the building to smoke. No longer could they light up inside in designated smoking areas, even though private and semi-private rooms in nursing homes were excluded from the state ban.

Two individuals wrote to a local television station’s Web site, expressing outrage about the new restriction. They explained that their mother, a resident of the home and a smoker, is legally blind and in a wheelchair. They also pointed out that many of the other residents who smoke there are even less ambulatory. “These veterans ... have smoked for over 50 to 60 yrs,” they wrote. “In fact, when they defended our country, standard combat issue included cigarettes ... (they) helped all of us much more than we can ever pay back.”

The restriction was overturned after state officials determined that the law banning smoking inside public places was being misinterpreted. But the fight continues elsewhere. A similar battle over a smoking ban recently occurred in Iowa. There, State Sen. Larry McKibben was fighting to allow residents of the only veterans home in the state, located in his district, to continue to be able to smoke indoors. McKibben says the state spent a lot of money for ventilated smoking areas. Those opposing exemptions to the ban “believe in a nanny state,” he says. “Right now there’s an awful lot of movement to take individual freedom away.”

But health advocates raise concerns that smoking not only presents risks to residents who smoke, but also those

who don’t, because many of those in veterans homes are in frail health and especially vulnerable. While smokers have been coping with more bans on lighting up in public places, some are now facing bans on smoking in what had been thought of as their private spaces. Some resident associations and landlords have banned smoking inside apartments and condos. In Calabasas, Calif., about 80 percent of multi-unit residences will be designated as nonsmoking by 2012.

Protection of children is another concern. Several states have banned smoking in vehicles when children are present. Foster parents are forbidden to smoke in their homes in some states.

In Ohio, a statewide ban on lighting up in the workplace has been interpreted as applying to truckers’ cabs, if someone else is in the cab or the company occasionally assigns the vehicle to be driven by others.

In Illinois, the ban applies to prisons, where inmates can no longer smoke anywhere, including the yard. Corrections officers must be on the lookout for what is now a new type of contraband, and deal with potentially edgy prisoners forced to go “cold turkey.” Assaults in Maine prisons reportedly quadrupled after a smoking ban was imposed in 2000.

At psychiatric hospitals, some worry that denial of nicotine might undermine patients’ recovery or, in some cases, prevent mentally ill individuals from seeking treatment. Furthermore, a ban removes the ability to use cigarettes to modify behavior by threatening to deny smoking privileges. As restrictions spread to places where smokers live and work, employers find it necessary to deny employment to applicants who have the habit that is growing ever closer to being outlawed.

ments and higher license fees on businesses that permit smoking. Two University of Wisconsin-Madison professors, Robert Haveman and John Mullahy, have suggested the adoption of a system of tradeable smoke-pollution permits, as has been done by the Environmental Protection Agency, to help control emissions.

Smokers, too, are being creative in their responses. Reports are cropping up of “smoke-easies” and other illicit responses reminiscent of Prohibition days. Efforts are under way to make the lives of ostracized smokers more comfortable. For example, smoking tents and shacks have arisen outside taverns in Anchorage, Alaska.

As the controversy smolders, the rate of decline in the number of smokers has stalled. The anti-smoking lobby is calling on the FDA to assume more authority over tobacco. “There are more consumer health protections for dog food than there are for tobacco,” an editorial on the American Medical Association’s Web site said in urging federal action. Bipartisan bills were introduced last year in the House and Senate that would give the FDA greater authority, but, more than a year later, they had not reached a vote.

As state and local smoking bans proliferate, tobacco companies are creating new types of smokeless products. U.S. cigarette companies have been test-marketing “snus” (rhymes with goose), a small tobacco-filled pouch, similar to a tea bag, that users generally put between their upper lip and gum for about a half hour and then throw out. Unlike chewing tobacco, the user doesn’t need to spit frequently. They have been used in Sweden for decades, and studies have indicated they are less harmful to smokers’ health than cigarettes (ingredients for the Swedish product are a closely held secret).

In general, studies indicate users of smokeless products do not face the same risks as smokers, simply because of the way nicotine is ingested. However, medical experts warn they are not harm-free.

For smokers facing bans that force them outside for a quick smoke, Middleton’s new six-pack of 2½-inch-long (not counting the plastic filter) pipe-tobacco cigars promises “Perfect Size For Your Next Smoke Break!”

In the future, all such new tobacco products would have to receive FDA approval before marketing, if the proposed Family Smoking Prevention and Tobacco Control Act before Congress is enacted. The bill calls for the establishment of “tobacco product standards to protect the public health, but



reserves to Congress the power to ban any tobacco products or reduce the nicotine level to zero.”

Some worry that FDA involvement would give the appearance of a seal of approval to the products. Nicotine has already been determined to be potentially hazardous and, unlike the pharmaceutical products regulated by the FDA, cigarettes not only can cause harm to their users but also to those nearby.

Bans prohibiting smoking in an ever-widening range of locales may well help protect nonsmokers and deter smokers, but health advocates maintain more resources should be devoted to smoking cessation and preventing youth from taking up the habit. They want the federal government to exercise greater control and state governments to use settlements with major tobacco companies – and cigarette taxes – for tobacco cessation and prevention programs.

“The tragedy of tobacco addiction and the disability, disease and death it causes will not be resolved with a halfhearted response consisting of partial measures and weak policy,” the American Lung Association says. “Tobacco use drops when states pass comprehensive smoke-free laws, increase tobacco taxes, adequately fund tobacco control and prevention programs, and actively counter the industry’s marketing.” 🍀

Margaret Davidson is a freelance writer who lives in Wisconsin.



THE BATTLE

to Train the Enemies of our Enemies

Peace activists and their allies in Congress tried to shut down the School of the Americas. Now they vow to close its successor, WHINSEC.

BY MATT GRILLS

Last January, the Colombian Navy, with the help of the U.S. Coast Guard, stopped two home-made submarines off the South American coast. Each vessel is believed to have carried more than 10 tons of cocaine, but they both sank after the crews flooded the hatches and jumped overboard.

Every year, drug traffickers use an unknown number of these self-propelled semi-submersibles, or SPSS, to transport hundreds of tons of cocaine to delivery points in Central America, Mexico and the United States. In 2007, 13 were seized on land or at sea by Colombian and U.S. Navy patrol boats. With a skeleton crew of four, an average length of 60 feet and ballast tanks to keep it just under the

surface of the water, the vessels are nearly undetectable, making them more than an annoyance to anti-drug authorities. They are likewise considered a growing threat to U.S. and regional security. Drugs aside, who's to say one of the subs couldn't be manned by terrorists with weapons of mass destruction?

These challenges and others shape the mission of the Western Hemisphere Institute for Security Cooperation (WHINSEC), which opened in 2001 at Fort Benning, Ga. Last year, 1,534 students from 24 countries – military personnel, law enforcement and civilians – attended the school. Nations represented included Bolivia, Canada, Chile,



The Western Hemisphere Institute for Security Cooperation, or WHINSEC, curriculum includes courses on counterdrug operations. In a field exercise, Latin American soldiers are instructed in how to identify and raid a drug laboratory.

Tom Strattman

school offers far more. Faculty members – about 35 percent are foreign guest instructors – teach courses on disaster relief, medical casualty care, and how to plan and conduct civil-military, engineering, joint and peacekeeping operations. Professional development is also covered, in leadership courses for noncommissioned officers, junior officers and cadets, intelligence officers, captains, and command or general staff officers.

Undergirding the entire program is WHINSEC's emphasis on human rights and ethics, which constitute at least 10 percent of every course's content. That's more than any other DoD facility – more than any other U.S. education facility, for that matter – and a point of pride for the WHINSEC staff.

Even so, the school may be shut down by Congress because of pressure from peace activists who criticize the program as a U.S. training ground for foreign soldiers to fight battles that go beyond protecting America.

The Opposition. In recent years, WHINSEC has teetered on the edge of losing government funding – the school's budget is about \$11.5 million, about the cost of a single Black Hawk helicopter. In June 2007, an amendment that would have cut off funds failed by just six votes in the House; the year before, the margin was 15 votes.

Opponents accuse the School of the Americas – and by implication, WHINSEC, claiming it's merely a continuation of the former institution – of complicity in crimes against humanity and other atrocities in Latin America. Led by Father Roy Bourgeois, a Roman Catholic priest of the Maryknoll Order, an organization called SOA Watch has regularly demanded investigation of the school and called for its closure over the years.

Named for WHINSEC's predecessor, the School of the Americas, SOA Watch was founded in 1990 – a year after Salvadoran soldiers killed six Jesuit priests, their housekeeper and her 16-year-old daughter at the Central American University Pastoral Center in San Salvador. Of the 26 soldiers later implicated in the murders, 19 had received some type of training at the School of the Americas.

Since then, the school has been in SOA Watch's crosshairs. The group claims that WHINSEC teaches torture, that graduates are guilty of other

Colombia, Costa Rica, Ecuador, El Salvador, Honduras, Jamaica, Nicaragua, Paraguay, Peru and St. Kitts.

"We're in a world now that requires we work as teams, whether it's to defeat narco-terrorists or help our friends in need when they are hit by an earthquake or a hurricane," says U.S. Army Col. Gilberto Perez, a Cuban native who served as WHINSEC commandant from 2004 to 2008.

"What we are trying to create at this institute is a sense of unity, hemispheric friends and partners.

"Some of the countries in this region have had political differences and, in some cases, have even fought with each other. That has changed. We want them to be willing to work with each other and with the United States, not only in this part of the world but around the world."

Counterdrug operations and combating narco-terrorism rank high on WHINSEC's curriculum; graduates often play a role in interdictions, such as the 2007 bust by the Colombian Navy. But the



Colombia is one of 24 nations with military personnel, law enforcement and civilians enrolled at WHINSEC. In 2008, the Latin American country – on the front line of the war against drugs – sent 323 students to the Fort Benning campus for training. Tom Stratman

human-rights abuses, that the school has no accountability, and that it violates U.S. and international law.

“There’s a lot of blood connected to this school,” says Bourgeois, who lives in an apartment outside Fort Benning’s gate and leads an annual protest vigil against WHINSEC there. “With the name change, it still remains a symbol. We do not believe this school is what Latin America needs.”

Much of the controversy swirls around manuals used by the U.S. military for intelligence-officer courses at the School of the Americas, and at training sites in Latin America between 1982 and 1991. The Pentagon later admitted that objectionable material had inexplicably been included in the manuals – references to execution, torture, blackmail, false imprisonment and other forms of coercion, according to a Sept. 21, 1996, *Washington Post* article. An internal investigation called inclusion of the methods a “mistake” and a “bureaucratic oversight,” finding “no evidence that this was a deliberate and orchestrated attempt to violate Defense Department or Army policies.”

DoD reported that two dozen objectionable passages were found in 1,169 pages of instruction. The source for much of the content was training instruction influenced by Project X, a military initiative to create field manuals based on counter-insurgency experiences in Vietnam. In 1992, DoD discontinued use of the manuals, explaining that the flagged passages did not represent U.S. policy. Copies were recovered or destroyed in the field.

SOA Watch has publicly hammered WHINSEC, saying in a 2006 publication that SOA-trained troops “consistently return home to wage war

against their own people ... Hundreds of thousands of Latin Americans have been tortured, raped, assassinated, ‘disappeared,’ massacred, and forced into refugee camps by those trained at the ‘School of the Assassins.’”

Bourgeois and other activists routinely visit Latin American countries, urging presidents and foreign ministers to withdraw their troops from WHINSEC training. They carry with them a list of the school’s 60,000-plus graduates, among whom they claim are the continent’s worst violators of human rights.

But how many graduates have actually gone on to commit crimes? And can their actions be traced to what they learned?

The Defense. U.S. Army Chaplain (Maj.) John Kaiser, who serves as WHINSEC’s command chaplain and ethics instructor, says that of the 64,000 people who have attended the school, “fewer than 600 have ever been implicated in any kind of wrong, which means that well over 99 percent of our graduates have gone on to serve their nations well.

“If a police academy has a graduate who goes on to commit a crime, are you going to close the school because of that? I don’t think so, because that’s not what is taught at the school,” Kaiser says. “If an individual crime is committed, you don’t blame the institution that trained the person in the right way to perform his duties.”

WHINSEC’s official position is that the school should be judged by an informed evaluation of its operation, not by a list of students who attended and later were accused of wrongdoing.



In 1990, in his small apartment outside Fort Benning's gate, Father Roy Bourgeois and a handful of activists founded SOA Watch. They claim WHINSEC is the same as the controversial School of the Americas, only with a new name and a new image. Tom Strattman

Father Roy Bourgeois: Thorn in the side of the military he once served

Before he devoted his life to shutting down the School of the Americas, Roy Bourgeois, 70, served as an officer in the U.S. Navy, even receiving the Purple Heart in Vietnam.

Today, he's a thorn in the military's side, permanently barred from entering Fort Benning. In 1983, Bourgeois and two others dressed in military uniforms and approached the barracks of Salvadoran soldiers enrolled in combat training. There, they climbed a tree and blasted a recording of the final homily of Archbishop Oscar Romero, assassinated in 1980, who called for an end to El Salvador's bloody civil war. Bourgeois was jailed for 18 months.

In 1990, the priest returned to the Army base with two activists, and was arrested after splashing a vial of his blood inside SOA's headquarters. Sentence: 14 months. He also spent six months in prison in 1996 and 1998 for trespassing on Fort Benning during nonviolent protests.

Sitting in his apartment, literally a stone's throw from the Army base, Bourgeois points to a photograph on the wall. "Two of these women were good friends, nuns with the Maryknoll Order. They're dead," he says. "They were killed by graduates of the School

of the Americas. That has never been denied by School of the Americas officials or by the Pentagon. Nor did they deny that those who killed six Jesuit priests – along with a coworker, a young mother and her teenage daughter – were also trained at Fort Benning. What we want is an acknowledgment of wrongdoing."

He continues, "If you bring soldiers to your school and teach them commando operations, psychological warfare, to see anyone who's against them as the enemy and as a subversive, there's this issue we call complicity."

But is that what WHINSEC is teaching? Bourgeois admits that, right now, he doesn't know what's going on at the school. Even so, he sees no reason for its existence.

"How do we teach democracy in an institution that's not democratic?" he says. "We've been to 15 countries in the past two years and, wherever we go, we see people hurting. They're struggling for survival. Most of them are in shacks without running water. They don't have schools, they don't have soup kitchens, they don't have adequate housing or health care. We don't feel the people of these countries need a school like this.

The millions of dollars brought into this school we don't see as leading to democracy, promoting human rights or improving their quality of life."

On Oct. 21, the Vatican's Congregation for the Doctrine of the Faith notified Bourgeois that he stands to be excommunicated from the Roman Catholic Church for supporting the ordination of a woman last summer. He responded with a letter in which he refused to recant.





Located at Fort Benning, Ga., WHINSEC occupies Ridgway Hall, named for Army General Matthew B. Ridgway, who commanded the 8th Army during the Korean War. The historic building was the headquarters of Fort Benning and the Army's Infantry School from 1935 to 1964. Tom Stratman

As for SOA Watch's call for WHINSEC to keep tabs on its students, the organization insists that no educational facility in a democracy has the authority or ability to track its alumni. Besides, most of the school's students are from foreign countries and beyond the reach of U.S. directives.

"We are challenged by a group of opponents who try to create a cause-and-effect relationship between some individuals who may have graduated from a course at the old School of the Americas, and their behavior later on in life," Perez says. "In other words, if you attended a course and, 20 years later, commit some sort of heinous crime, the school is blamed for being the cause, which makes no sense whatsoever.

"However, our opposition has been very effective in conveying to a sensitive public that WHINSEC teaches unethical behavior – criminal behavior – which is, of course, impossible. I'd be in jail, and my instructors would be in jail, if that was the case," Perez says. "The U.S. justice system and the military justice system would take care of that. Anyone can come here at any time and sit in a classroom, talk to students, talk to our instructors, or review our lesson plans and literature. They will see there's nothing illegal, immoral or unethical. It's all U.S. doctrine."

Perez says that SOA Watch is unable to prove that even a single graduate of the old School of the Americas ever misused his U.S. education and training. SOA Watch doesn't even acknowledge that the School of the Americas and WHINSEC are different institutions altogether, governed by different public laws; critics dismiss this as a cosmetic change.

Finally, WHINSEC defenders point out the extremely tenuous link between the School of the Americas' training of "notorious" graduates and their later crimes. For example, Argentine dictator Leopoldo Galtieri attended a U.S. engineering course in 1949, when he was a 23-year-old lieutenant in the army. The implication is that the course led him to become a general and junta leader 30 years later.

What bothers WHINSEC's chaplain most, he says, is that SOA Watch's crusade taints the reputation of American soldiers. "They don't like the U.S. military, even though they say they support the troops. We've been called a terrorist training camp, and I won't stand for that. You can say whatever you want about me personally. That's fine. But if you insult my fellow soldiers, I'm going to get a little upset, and I'm going to challenge you."

Kaiser has debated opponents of WHINSEC, even within his own Presbyterian denomination, and says their agenda is about more than just closing the school.

"WHINSEC is the lightning rod that attracts all of the anger these people have," he says. "They want to change U.S. foreign policy. They're very much against any kind of cooperation or military interaction with Latin American militaries. They basically try to turn WHINSEC into a scapegoat on false premises. The 'torture-manual' issue wasn't really an issue at all, because in the same manuals where they talked about interrogations they were talking about human rights and not to cross the line. The way this has been spun by SOA Watch isn't the truth, and they've been able to go on for years with nobody really challenging them on this."

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Army leaders say the School of the Americas was oriented toward dealing with Cold War-era threats, while WHINSEC focuses on today's challenges to nations of our hemisphere. Tom Stratman

Besides, Kaiser says, people know enough about committing crimes to do it without U.S. help.

"You don't have to teach anyone to be evil or to do bad things. We actually do the opposite here. We try to teach them how to perform their military duties in a moral, ethical and legal way."

Transparency. WHINSEC's most effective counterargument may be that it's open and accessible to anyone. Visitors are welcome, and need only a photo ID to get onto Fort Benning's grounds. In fact, the institute hosts an open house every November during SOA Watch's peace demonstration, and invites protesters to see the campus for themselves.

WHINSEC is governed by a 14-member board of visitors that includes representatives from the State Department, U.S. Southern Command, U.S. Northern Command, and the U.S. Army Training and Doctrine Command, as well as members of the House and Senate Armed Services committees. The Defense secretary designates six members from the human-rights, academic, religious and business communities.

"They have complete and absolute authority to come here anytime, unannounced, and review anything and everything that we do here," Perez says. "We could not be more transparent."

In May 2007, the House Armed Services Committee voted unanimously to continue funding WHINSEC, with Rep. Phil Gingrey, R-Ga., calling the program "critical to our national security."

"It is so important to remember that this may be the only medium we ever have to engage the future military and political leaders of these Latin American countries, who are America's closest

neighbors," he said. "If we were not to engage with these nations ... the void created would be filled by countries with different values than our own regarding democracy and human rights, countries such as Venezuela and China, whose influence in the region is growing."

Last October, The American Legion's National Executive Committee voiced its support for WHINSEC, urging full funding by Congress. Resolution No. 21 declares the school's hemispheric training and alliance building a "vital interest" of the United States.

SOA Watch doesn't see it that way and continues to ask Congress to squeeze WHINSEC. Last year, Reps. Jim McGovern, D-Mass., Joe Sestak, D-Pa., and Sanford Bishop, D-Ga., cosponsored, and the House approved, an amendment to the National Defense Authorization Act for FY 2009 that would require the school to release to the public the names, ranks, country of origin, courses taken and dates attended. The final bill, after conference with the Senate, did not include the amendment.

Perez protested, saying such disclosure could endanger Latin American soldiers who are fighting drugs and terrorists, particularly those working undercover. Their families could also be targeted.

The legislation also moves SOA Watch and its allies another step closer to their ultimate goal.

"They're gaining the votes in Congress to close us down," Kaiser says. "Is it a possibility? Yeah, I think it's a real possibility unless these people are challenged and held accountable." 🌿

Matt Grills is associate editor at The American Legion Magazine.

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PARALLEL UNIVERSES

More than three years after Katrina lambasted their VA medical center, New Orleans veterans find themselves poised to provide hope in a city yearning for recovery.

BY JEFF STOFFER

Somewhere within the storm-ravaged ruins of a former neighborhood in the Lower 9th Ward of New Orleans, a man lives in a little white trailer he's converted into the kind of shrine you sometimes find at fatal crash sites. Plastic flowers, twinkling lights and laminated news clippings are arranged like costume jewelry around a whiteboard listing a dozen or so names in heavy black ink. They are, beyond doubt, the names of people consumed by Hurricane Katrina or the toxic floods that followed. A U.S. Flag flies above the trailer. The man sweeps gravel away from the curb in front of it. When approached, he acts as if no one is there, as if he is the only one left alive. Vacant-eyed, he pushes the broom back and forth, cleaning a street only he lives on, distantly tending to the business of recovery.

More than 40 months have passed since the hurricane blasted ashore, ripped apart the levees and swamped the city. Since that time, progress toward reconstruction has been measured in fits and starts, between unrealized expectations of cranes on the skyline and the incremental arrival of shiny, new manufactured homes and freshly seeded lawns. Gaps are steadily filling in between the memory of what was, the wreckage of what remains from the disaster, and the prospects of what will become of a city that's still about 100,000 people short of its pre-hurricane population.

By the fall of 2008 – from Gentilly to the Superdome to Jackson Barracks – the recovery effort had gained noticeable momentum. Areas of finished reconstruction appeared to outnumber the weed-tangled lots and hollowed-out structures. After a successful stand against a new hurricane season last August that threatened to unleash another round of hell upon the city, there was even a sense of triumph. The evacuation was smooth. The new barricades held. Ike and Gustav blew on by, passing up New Orleans to take out their vengeance on the south Texas coastline instead. Southeastern Louisiana residents returned to their homes and resumed the many challenges of their revival.

That takes us up to what might be. “We can be a lot more attractive than we were, even before the storm,” says Kurt Weigle, president and CEO of the city’s Downtown Development District. “There’s this way of thinking about how to design cities. It’s kind of ‘back to the future.’ The way cities used to be built, before World War II, was that you could walk to a lot more things. You didn’t have to get into your car. As our population ages, I think it is going to be important to build cities that way, so you can get there by foot or via public transit. For instance, if you are getting treatment at the VA medical center, you could basically walk outside, down the street, to a little café or to a sundries shop, maybe even do a little clothes shopping,

BACK TO THE FUTURE: Kurt Weigle of the New Orleans Downtown Development District sees VA as a vital player in a new medical corridor tied to principles of the past.

what have you, everything in close proximity. Basically, it's building a little neighborhood within the larger city."

The Department of Veterans Affairs, which lost all but two floors of its downtown medical center to the storm and floods of 2005, and the aged Louisiana State University-run Charity Hospital, which was gutted by the catastrophe, are at the nexus of this vision. For the past three years, VA and LSU have been working together to design a 70-acre, 624-bed, \$2 billion joint complex that would be a 2,000-job flagship of a new bio-medical corridor – a "little neighborhood within the larger city" – linking the VA medical center, a new LSU teaching hospital and various other health-care services, businesses and research facilities in a trunkline of economic opportunity along Canal Street.

The initiative aims to attract private-sector research projects and stir into existence a number of retail, food and lodging businesses. A \$650 million federal appropriation to rebuild the New Orleans VA Medical Center is already in hand, to be used once plans are finalized. Gov. Bobby Jindal gave his support to the project last summer after a month-long review. Planners negotiated with historic preservation interests over the preferred site just north-west of the French Quarter and in October were told of a \$79 million state commitment to buy out the desired property and relocate residents who live in the complex's eventual footprint. VA announced the downtown site as selected on Nov. 25 in a press conference given by Mayor Ray Nagin that included LSU, VA, state and federal speakers. Planners believe there's about \$500 million in FEMA money available to help offset the cost of building a new LSU teaching hospital, and operating expenses would be controlled both for VA and LSU, once the project is

finished, by a consolidation of such services as laundry, food, maintenance and labs. The LSU facility, which mainly provided care for low-income and uninsured patients at the Charity hospital, and VA each would have its own distinct bed tower. The project is closely watched around the country as other cities try to iron out med-school and state partnerships to build new VA medical centers where they are overdue.

Weigle says the LSU-VA project stands to accomplish two important goals for the city: restoring veteran and low-income care beyond its pre-Katrina capability, and fast-tracking the economic recovery. "It makes us a magnet for folks to come for medical care," he says. "We shouldn't, in Louisiana, have to send so many of our citizens to Houston or Atlanta or Birmingham to get leading-edge care. So, just the fact that we are retaining more of the health-care dollar here and even starting to attract folks from

other surrounding states, starts to create economic opportunity – things as basic as more room nights in hotels and sales at restaurants. You also create more jobs."

VA's Julie Catellier, director of the Southeast Louisiana Veterans Health Care System, says the project indeed has great potential to revive the rattled local economy. But, she adds, "There are two parallel universes. In terms of an economic engine, yes, VA will play a very big part. The part that we talk about the most, though, is recovery of health-care services for veterans. This is about veterans. This is about getting care to America's heroes. That's the focus."

Since Hurricane Katrina, Catellier has focused on little else. She came to the New Orleans VA as a disaster-recovery coordinator after the hurricane and floods. In that capacity, she worked through the development of a triage center at a former Lord & Taylor department store, later expanding outpatient services and clinical capacity at various locations around the city, ramping up tele-medical services, contracting with non-VA providers and finding room for veteran patients with acute-care needs in VA medical centers in other major cities across the South. Soon after



Southeastern Louisiana veterans complain that it's taking too long for a new hospital plan to emerge from Katrina's ashes.

the storm, the New Orleans VA system was treating nearly all its pre-Katrina patient load with less than half the staff.

“Our demand is high, which we think is a good-news story,” Catellier says “One of the questions we talked about after the storm was, ‘Are the veterans going to return?’ This year, we will hit approximately 90 percent of our pre-Katrina workload. About 20 percent of the patients we are seeing are new to VA. But we are at about 1,000 employees, which is about half of where we were, pre-Katrina.”

The system urgently found new ways to deliver care, as plans to build a new medical center were proposed and debated. Opposition came from those who doubted the wisdom of rebuilding in an area that was badly flooded in 2005 and amid questions of what to do with the Depression-built Charity structure and the old VA medical center. Some doubted that state, FEMA and VA could cover the massive cost. As supporters of the joint project – including the Louisiana American Legion – worked through the pros and cons of the hospital complex of the future, veterans needed help now. “Necessity is the motherhood of invention,” Catellier says. “We still need acute care, but we can buy it, and we can use other VAs, too. It’s good care, but it’s not convenient care. That’s the problem. Patients have to travel outside their local communities.” She said the system stood to spend approximately \$40 million on contracted care for veterans in 2008.

The long-term answer is, of course, a brand-new hospital. New Orleans ranked far down a long list of major-construction priorities for VA prior to Katrina. Although not nearly as bad or old as many other VA medical centers around the country, the New Orleans VA Medical Center had what federal officials call “legacy infrastructure” – based on a time gone by, back before massive MRI and CT scan equipment were influencing not only the quality of health care but the architecture and engineering of hospitals. Katrina, for all the devastation it caused, gave New Orleans a chance to catch up fast and build the first new VA medical center in nearly 20 years.

“You have a big opportunity you never get unless you have a major disaster, and that’s to build it right the second time... and build the infrastructure to meet the function,” Catellier says. “We really do have a once-in-a-lifetime opportunity.”

“There are so many things that are going to happen because of the storm,” says Ron Gardner, a Vietnam War veteran and vice chancellor for LSU Health Sciences Center. “It’s like there’s a whole lot of planes stacked up over New Orleans trying to decide when to land.”

Cathi Fontenot, medical director for LSU’s Medical Center of Louisiana, adds that the need to replace the 1939-built Charity Hospital existed long before Katrina struck. “We’ve been through a lot of planning over the past 10 years or so on the LSU

2005



UPDATE

Mississippi veterans take pride in their recovery

The hurricane season of 2005 erased homes, businesses, American Legion posts and an entire VA medical center along the Gulf Coast. The Gulfport, Miss., VA Medical Center – at the time listed for consolidation into one facility at nearby Biloxi – was ravaged and condemned, fast-tracking the transition. “Katrina accelerated everything,” says Chuck Sepich, director of the Biloxi VA Medical Center. “We are on the road to recovery ... toward being bigger and better than ever. The veterans here have been very patient. I would put our veterans service organization community up against anyone’s.”

Many Legionnaires along the coast say the feeling is mutual, and the way

VA staff, many of whom lost their own homes in the storm, responded to the disaster triggered “a change in attitude,” Legionnaire Jim Kelley said. “Now they can’t do enough for you ... in terms of customer service.”

Ninth District Commander Kenneth “Mac” McGuire, above left, had to dig the post’s Auxiliary flag from the rubble after the storm, which leveled the homes of many veterans along the coast. “A lot of people don’t realize that this thing covered 176,000 square miles,” McGuire said. By 2008, a new Post 160 flag, right, was up, in a rebuilt post home.

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side of the street,” she says. “Optimism is now at an all-time high. Just knowing this is coming is going to go a long ways toward getting us back.”

At the earliest, the VA-LSU complex would be finished in 2013, eight years after the sky began to spin and darken the southern horizon. In the meantime, New Orleans faces a more immediate issue within its patient population – a spike in mental-health needs, exacerbated by the events of 2005, particularly for veterans already suffering from post-traumatic stress disorder.

Stephen Lassere, a 65-year-old Vietnam War combat veteran who battles PTSD, cannot forget the effect the storm had on him. “We battened down,” he remembers. “We couldn’t get in or out. No electricity. No water. Nothing. There were trees all over, buildings down, and the roof was leaking from the storm. For four days, we had no services at all, and we were taking care of these elderly people the best we could. It was like someone bombed the place. To me, it was very traumatic.”

The internationally broadcast horrors that followed Hurricane Katrina – bodies plucked from attics, family members separated from one another, looting, violence and mass exodus – were widely expected to cause a PTSD spike among ordinary residents and enflame conditions for combat veterans already diagnosed.

“There are quite a few (veterans with PTSD) who stayed in town through the storm and did amazingly heroic things,” says Dr. Madeline Uddo, team leader for the VA system’s PTSD program. “They went out in their boats and rescued people. They saved people’s lives. They pulled people from roofs. They pulled people from windows to get them out. They went into survival mode, and they were able to deal with the crisis much better than most people. Some of those veterans now are experiencing a worsening of their symptoms because of what they saw. They had PTSD before and now have the added memories and reminders of the storm.”

The VA system, fulfilling its civil-defense obligation to care for anyone in the event of natural disaster or attack, often was called upon to provide expertise in PTSD treatment to the community at large. Demand swiftly overwhelmed capacity.

“The mental-health crisis in New Orleans is atrocious,” Catellier says. “Citizens in this area, the metropolitan area, because there are so few acute beds and so few community resources, are mostly taken to jail. At one point, during the height of the problem last year, there were 200 people a day being brought to jail rather than

some kind of treatment. Very bad. So, we’ve focused on mental health.”

“We are seeing more Vietnam veterans come in for treatment who have never been in for treatment before,” Uddo explains. “There are several factors. One is the hurricane, the extra stress that has created. One is that they are aging and may be having physical problems; maybe their wife is sick or someone close has died. Or they are retiring.”

In the months immediately following the storm, non-veterans also turned to VA for help. “After the storm, we were seeing anyone,” Uddo says. “Rules did not apply. We saw quite a few civilians who were coming in with hurricane trauma. We would see them and treat them the same as we treated veterans at the time.”

Even now, with non-veteran patients getting care in other facilities, the Southeast Louisiana VA system faces growing mental-health demand and has added 26,000 square feet of clinical space and more than 20 provider positions to cope with it.

Elsewhere, the problem persists, due in part to the loss of Charity’s inpatient beds. “The crisis is in the community in general because we lost so many of the psych beds and providers,” Uddo explains. “With our system, we are providing services we didn’t provide before the storm. The veterans are not feeling the crisis the same way the people in the community are.”

Ted Dorsa Jr., a Korean War Navy veteran who endured the triggering effect of the hurricane on his combat PTSD, says he’s not sure what happened to many of his fellow veterans who were receiving mental-health care prior to the storm. “People scattered,” he says. “Some came back. Some didn’t. I was shook up, but I guess over time, it settled in, like it did for a lot of citizens.”

Veterans poured into the expanded outpatient clinics, and those who needed inpatient care were sent to facilities in neighboring states.

Lassere and Dorsa say a new VA medical center cannot come soon enough. “We have two floors,” Dorsa says. “That’s it. That’s the VA medical center. Why are we sitting on our hands so long?”

“They don’t have enough doctors – enough psychiatrists – to go around,” Lassere says. “They are not coming here because they don’t have a hospital. A doctor wants a hospital, not a clinic. You can’t attract quality people if you don’t have a hospital. We need that hospital. And, to me, it’s taking a little too long.” 🌿

Jeff Stoffer is editor of The American Legion Magazine.

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[VERBATIM]

*"It's three times the size
of an aircraft carrier."*

Nathan Christensen, a spokesman for U.S. Fifth Fleet, on a Saudi-owned oil tanker seized by Somali pirates off East Africa

*"Now that we know they are there,
there is going to be an explosion."*

Christian Marois of the Herzberg Institute of Astrophysics in Victoria, B.C., on the Hubble telescope's first pictures of planets in other solar systems

*"These things shouldn't be
decided by voters."*

Geoffrey Kors, executive director of Equality California, on Proposition 8, the state's gay-marriage ban

*"We'll probably see Spam lines
instead of soup lines."*

Dan Bartel, business agent for United Food and Commercial Workers International Union Local 9 in Austin, Minn., whose Hormel workers have been cranking out Spam seven days a week since July. In light of the economic downturn, the schedule is expected to continue indefinitely.

"It is not our day to gripe about the cost."

Elizabeth Hasselbeck, co-host of ABC's "The View," criticizing colleague Joy Behar for recognizing Veterans Day by listing statistics about the wars in Afghanistan and Iraq

*"These guys are committed to their
nuclear program. If we didn't know that,
they just told us again."*

Cliff Kupchan, an analyst at Eurasia Group, on an International Atomic Energy Agency report that says Iran is rapidly accumulating enriched uranium — so much that, by next year, it may have enough to produce a crude nuclear bomb

*"When Candidate A says it's raining
and Candidate B says it's sunny,
a journalist should be able
to look outside."*

CNN anchor Campbell Brown, on accusations of bias in network coverage of the presidential campaign

*"A thoughtful mind,
when it sees a nation's flag,
sees not the flag only,
but the nation itself;
and whatever may be its symbols,
its insignia, he reads chiefly
in the flag the government,
the principles, the truths,
the history which belongs
to the nation that sets it forth."*

Henry Ward Beecher, 19th-century preacher and social reformer, in "The American Flag"

[INTERVIEW]

LEGIONNAIRE

U.S. NAVY CMDR. KENNETH HAM took 10 personal items with him when he piloted the space shuttle *Discovery* to the International Space Station last June. Among them was Ham's membership card from American Legion Post 328 in Clark, N.J.

A member of the Legion since 1999, Ham had a distinguished flying career long before he headed into space. He is a graduate of the U.S. Naval Academy with a master's degree in aeronautical engineering, as well as a graduate of the U.S. Naval Test Pilot School. Ham completed two deployments to the Mediterranean Sea, including combat missions over northern Iraq and Bosnia. During these tours, he served as an air wing strike leader, F/A-18 Hornet demonstration pilot and night-vision goggle instructor. He has logged 3,700 flight hours in more than 40 different aircraft, and more than 300 shipboard and 300 land-based arrested landings. Selected by NASA in June 1998, he has logged more than 13 days in space.

Ham spoke with *The American Legion Magazine* following his return from space.



IN SPACE

Q: Why take your American Legion membership card into space with you?

A: My thinking was that you get to take items of value with you into space. That card seems to fit right in with that.

Q: Did you know much about The American Legion before you joined?

A: I'll be honest, I didn't. I was contacted by (Post 328 Legionnaire) Bill Duffy, who I remembered as being a post officer in the town. He explained to me what The American Legion was all about. I didn't realize it was such a great organization, so it was easy for me to decide to join.

Q: What led you to become an astronaut?

A: I've been asked that question a lot lately, and it's a tough one to answer. I had been flying since I was in high school. I wanted to do something along the lines of flying fast airplanes. But I vividly recall a conversation with a guidance counselor – I was probably a junior – and was asked, "What do you want to do for a living?" I had no idea. Then he asked me, "What do you like to do?" I told him I really liked flying airplanes. He pulled out a picture of the Navy Blue Angels and asked if I'd like to do something like that. I said, "Yes, I would." And that's what I did.

Q: Did your background as a U.S. Navy pilot prepare you for the space program?

A: Absolutely. Just flying around in naval aircraft was a big part of my training. It teaches you to be able to deal with more complex situations and make decisions rapidly, to the point where you're not making any nervous decisions anymore. That skill is very important in space flight. You have to be able to make decisions quickly.

Q: What was it like going into space for the first time?

A: In hindsight, it was more emotional than I thought it was going to be. I had heard all about what it was like, and I thought I was prepared as I could be. The ride from orbit was more powerful, in the sense of acceleration and energy, than I thought it was going to be. When you're sitting in a fast car and you hit the accelerator to go faster, that feeling only lasts a few seconds. In a space shuttle that acceleration is magnified, and it goes on for eight, eight-and-a-half minutes. That sensation is hard to explain. And then you look down and you see the city lights, and all of the sudden below you there's a meteor. It's something you never really thought you'd see.

Q: What's the chance you'll fly another shuttle?

A: That's a tricky question. There are only six more space-shuttle flights scheduled before the shuttle is retired, and the flight crews have yet to be assigned. If I do go again, it will be within the next year.

Interview: Steve Brooks

[ACTIVE DUTY]

Making history

Army Gen. Ann Dunwoody, nominated last June by President Bush to become the first female four-star general in



U.S. history, pinned on her stars Nov. 15.

"Her 33 years of service, highlighted by extraordinary leadership and devotion to duty, make her exceptionally qualified for this senior position," said Defense

Secretary Robert Gates in nominating Dunwoody, 55.

Now commander of U.S. Army Materiel Command at Fort Belvoir, Va., Dunwoody was commissioned in 1975. She has served as deputy chief of staff, logistics, as well as commanding general of Army Combined Arms Support Command at Fort Lee, according to the Pentagon.

Among Dunwoody's many military decorations are the Distinguished Service Medal, several Meritorious Service medals, the Kuwait Liberation Medal from service during Desert Storm, and a master parachutist badge.

[MILITARY AFFAIRS]

Assembly line

National Defense magazine reports that Lockheed Martin plans to take



a page from the past to mass-produce the new. The key aspect: an assembly line.

"The concept of moving lines has not been applied to military aircraft since World War II," according to the magazine. To underscore the difference between the "old/new" way and the current method of assembling warplanes, National Defense points to the F/A-18 Hornet, which "is being built at a rate of 42 aircraft per year." Lockheed Martin plans to build 230 F-35 Lightning IIs each year – "roughly one aircraft per working day."

The high tempo is necessary, given the F-35's high demand. The Air Force, Navy and Marine Corps will take delivery of the next-generation warplane, and at least eight allies plan to buy variants of the F-35.



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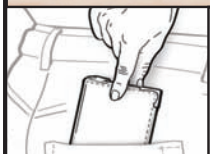
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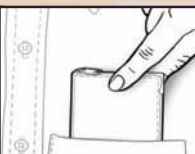


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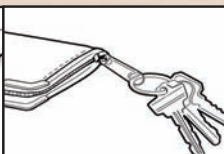
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Q. What advantages does infrared quartz tube heating source have over other heating source products?

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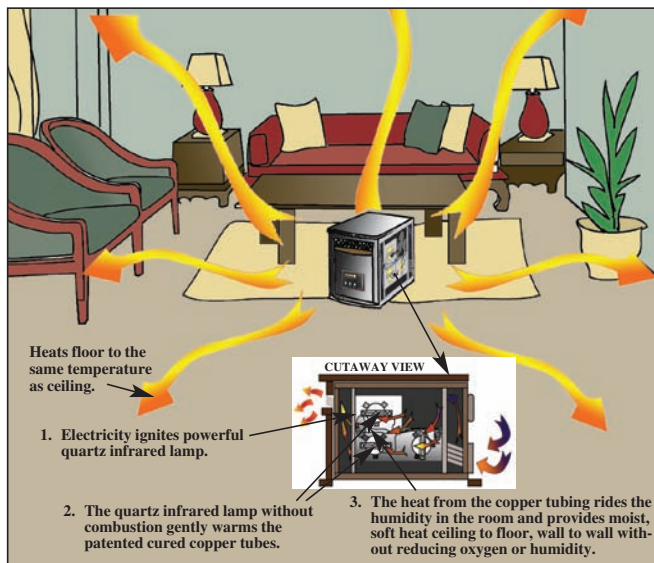
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[CAREERS]

Web sites to know

With thousands of online job sources, it can be difficult to determine which ones are the “right” ones to use.

Furthermore, Web sites that you use will depend on your specific career objectives for industry and type of position. The Web sites appropriate for a telecommunications specialist are not the same ones that work for a senior-level contracts administrator.



Following is a list of some of my favorite Web sites. Some post job opportunities, some offer unique job-search support services, and others

provide research, information and contacts. Use these sites wisely and in combination with job-posting sites that list opportunities for your specific industry and occupation.

Note that I am not endorsing these sites; I only recommend them from past experiences. Some are free; others charge a fee. Be a smart shopper and research before you spend any money.

■ For employment statistics and information on specific industries and occupations:

Bureau of Labor Statistics: www.bls.gov

U.S. Department of Labor: www.dol.gov

■ For veteran-specific opportunities, contacts and information:

The American Legion: www.legion.org

Hire Vets First: www.hirevetsfirst.gov

■ To research specific companies and contacts:

www.hoovers.com

www.infousa.com

www.profileresearch.com

■ For unadvertised management and executive opportunities:

www.theladders.com

www.execunet.com

www.netshare.com

■ To find a professional résumé writer or career coach:

www.careermanagementalliance.com

National Resume Writers Association: www.nrwa.com

■ For free online portfolios:

www.visualcv.com

■ The essential social networking site I recommend every job seeker to use:

www.linkedin.com

■ My favorite online job-search management tool:

www.jibberjobber.com

A final word of advice: don't let the Internet consume too much job-search time. The best way to find a new job is through networking and relationship development. As everything changes, some will always remain the same.

Wendy Enelow is the co-author of “Expert Résumés for Military-to-Civilian Transitions” and “Executive Résumé Toolkit.”

www.wendyenelow.com

[EDUCATION]

Transfer of GI Bill benefits

Q: How do I transfer my education benefits to my spouse or children?



A: Congress realized the new GI Bill needed to include an incentive for U.S. servicemembers to stay on active duty and extend their commitments, rather than leave the military and head straight to college. Thus, the Post-9/11 GI bill offers education benefits to a spouse if the servicemember serves, or commits to serve, for at

least 10 years. That transferability is available once a servicemember has served six years and re-enlists for at least four more. Spouses have 15 years to use the benefits.

A servicemember who wants to transfer the benefit to a child must serve at least 10 years. The child will have until age 26 to use the benefit. If desirable, the benefit can be divided between a spouse and children, with limits on the number of months that can be transferred.

Valerie Vigil is a Marine Corps veteran and member of Arizona Post 27. She has been director of veterans affairs at Mesa Community College, and serves as vice president of the National Association of Veteran Affairs and as an executive board member of the Western Association of Veteran Program Administrators. GI Bill questions can be directed to her by e-mail. askvalerie@legion.org

[VETERANS BENEFITS]

For second time, VA increases mileage reimbursement

U.S. Rep. Chet Edwards, D-Texas, praised the latest increase in VA mileage reimbursement rates for veterans (from 28.5 to 41.5 cents per mile). This follows a mileage reimbursement rate increase from 11 to 28.5 cents last January.

“One of the untold stories of the 110th Congress was the historic \$16.3 billion increase in funding for veterans health care and benefits,” Edwards said. “That was \$9 billion more than what the president requested, and a larger increase in two years than the previous 12 years combined in Congress. Our veterans earned and deserved every dime.

“This needed increase in travel reimbursement rates is one example of how millions of veterans will benefit from the work of this Congress. Before this year, travel reimbursements were frozen at 11 cents per mile and had not increased since 1979, when gas was 95 cents a gallon,” he said. “This might not seem like a lot of money to a lot of people, but to rural veterans, it could be the difference between getting health care and going without.”

According to VA, the latest travel reimbursement increase went into effect Nov. 17.

[VETERANS AFFAIRS & REHABILITATION]

"The American Legion is very pleased that research aimed at identifying effective treatment for the various maladies plaguing our Gulf War veterans is at the top of the VA committee's list of priorities. After all, it has been more than 17 years since the end of the 1991 Gulf War, and it is about time that these warriors' war-related health problems be addressed aggressively. This is a solid report, and The American Legion urges (VA) to act quickly on the committee's recommendations."

National Commander David K. Rehbein, expressing strong support for a report by the Department of Veterans Affairs that promises better care for veterans diagnosed with Gulf War illnesses

The report, "Gulf War Illness and the Health of Gulf War Veterans: Scientific Findings and Recommendations," was released Nov. 17 by VA's Research Advisory Committee on Gulf War Veterans' Illnesses. In it, the committee identified many scientific issues for which additional research is needed. Highest priority was given to research focused on identifying effective treatments for – and objective biological markers associated with – Gulf War illness, especially those that advance efforts to improve diagnostic testing. The report also recommends annual allocations of not less than \$60 million for Gulf War research in the federal budget.



[EMBLEM SALES]

New Legion 'Flag & Emblem' catalog released for 2009

The 2009 American Legion "Flag & Emblem" catalogs are in the mail to departments and Legionnaires who purchased from Emblem Sales within the past three years.



New offerings for 2009 include "Thank You" coins for troops and veterans, a KIA tack, plastic grave markers, a Legion emblem flagpole top, Legion Riders motorcycle bells, Boys State and Girls State decals, patriotic T-shirts and polos, poppy program polos and magnets, casual caps, ladies crossover ties, and more.

Most catalog items are available for purchase online 24 hours a day.
www.emblem.legion.org

Copies of the 2009 catalog can be requested by calling the toll-free number during normal office hours.
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[VETERANS GROUPS]

A BOND WITHOUT BORDERS

U.S. and Canadian veterans honor allegiance through ANAVICUS.

There are blue American Legion caps, of course. There are blue and white ones, white only, and red. Cap styles vary only slightly, and the colors distinguish different offices at different levels of The American Legion: local, district, department or national. But what if you spot a Legionnaire in a purple beret or garrison cap, perhaps at the Washington Conference or national convention?

Who is authorized to wear them? And what do they mean?

The select few Legionnaires donning these colorful chapeau are members belonging to a group best known by its acronym, ANAVICUS, which stands for Army, Navy and Air Force Veterans in Canada, United States. It's an offshoot of ANAVIC, a Canadian veterans organization first authorized in 1840 by Queen Victoria, who personally granted permission for members to wear berets of royal purple.

Under power of the Canadian Parliament, ANAVIC presented a charter to ANAVICUS during the 1953 National Convention in St. Louis, where the first ANAVICUS convention meeting was called to order. Lt. Gen. Lewis B. Hershey was elected president, a post he kept until his death in 1977. The first annual Washington Conference breakfast meeting was organized by Past National Commander Charles L. Bacon.

In the following years, most American Legion founders, past national commanders and other distinguished Legionnaires were inducted into ANAVICUS – a tradition that continues annually at the Legion's national convention and Washington Conference. New members are installed by the dominion president. Today, 1,100 Legionnaires wear the ANAVICUS Royal purple beret or cap.

In 1982, the ANAVICUS executive committee voted to establish and fund a memorial to Past National Commander Harry W. Colmery, architect of the original GI Bill. The memorial is located at American Legion National Headquarters in Indianapolis. At that meeting, the committee also established its first scholarship, a cash award to a cadet at the Royal Canadian Military College.

In addition to the RCMC award, ANAVICUS now presents six scholarships in the United States. The cash awards are based on compassion, athletics, leadership and scholarship. Each scholarship is presented in memory of a prominent ANAVICUS member. During its 55-year history, ANAVICUS has had four presidents. Hershey served for 24 years from 1953 to 1977. American Legion Past National Commander James F. O'Neil (1947-1948) presided from 1978 to 1980. Past National Commander Daniel F. Foley (1963-1964) was president 21 years, from 1981 to 2002. Past National Commander John P. "Jake" Comer (1987-1988) has served since 2002.

– James V. Carroll



ANAVICUS SCHOLARSHIPS

The Army, Navy and Air Force Veterans in Canada, United States Unit Scholarship Presented to a cadet at the Royal Canadian Military College, Kingston, Ont.

The Father Edward J. Carney Scholarship Given to a sophomore or junior at Merrimack College, North Andover, Mass. Carney was an American Legion past national chaplain and longtime chaplain of ANAVICUS.

The Rev. Frank L. Harrington Scholarship Given to a sophomore or junior at Carroll College, Helena, Mont. Harrington was a past national chaplain.

Gen. Lewis B. Hershey Scholarship Presented to a sophomore or junior at Tri State University, Angola, Ind. Hershey was a leading force in establishing ANAVICUS and its first president.

The Col. Frank Kossa Scholarship and Leadership Award Presented to a senior cadet at the Indiana Soldiers and Sailors Children's Home, Knightstown, Ind.

The James F. O'Neil Scholarship Given to a sophomore or junior at Saint Anselm College, Manchester, N.H. O'Neil was a past national commander and past president of ANAVICUS

The Gen. Frank R. Schwengel Scholarship Given to a sophomore or junior at Iona College, New Rochelle, N.Y. Schwengel was a leading force in the formation of ANAVICUS and a member of its executive committee.

The E. Roy Stone Jr. Scholarship Given to an ROTC cadet student at Furman University, Greenville, S.C. Stone was past national commander and longtime distinguished member of ANAVICUS. He was an alumnus of Furman University.

The Daniel F. Foley Scholarship Given to an outstanding student in Canada who is directly descended from a member of Army, Navy and Air Force Veterans in Canada. Applications are reviewed by ANAVIC. Foley was an American Legion national commander and a longtime ANAVICUS president.

Legion's voice has weight in Washington

During the National Executive Committee's Fall Meetings in Indianapolis Oct. 15-16, National Commander David K. Rehbein said The American Legion continues to make a difference in Washington.

Specifically, he pointed to the Post-9/11 GI Bill, saying that, on the eve of the 90th National Convention in Phoenix, the Legion received word that VA intended to outsource some or all of its responsibilities for implementing the bill.

"This National Executive Committee passed an emergency resolution to put it into (VA Secretary James Peake's) hands, expressing our opposition to that outsourcing," Rehbein said. "We were fortunate to have that resolution in place as we went to Capitol Hill for testimony in September. As we traveled to senators' and representatives' offices, we found sympathy for what we believe in."

At the same time, the Legion heard there was no chance that a bill on VA appropriations would come out of Congress before it adjourned for election season.

But in the end, after steadfast lobbying by the Legion, VA withdrew its plan to outsource the GI Bill, and Congress introduced legislation for the timely approval of VA appropriations.

Spanogle Departs. On Oct. 16, the Legion bid farewell to its longest-serving adjutant, Robert W. Spanogle, who retired after 27 years. Speaking to the NEC, Spanogle said, "You honor me, but frankly, I honor you for the great opportunity to serve for and with you in this great endeavor called The American Legion." Last August in Phoenix, the NEC named Spanogle an honorary past national commander.

"I think there is not a veteran in this nation, nor a veteran's family in this nation, who has not been touched by the work that Bob Spanogle has carried on so capably during his 36 years with The American Legion," Rehbein said. Daniel S. Wheeler, executive director of the Legion's National Headquarters in Indianapolis, succeeded Spanogle as national adjutant.

RESOLUTIONS

The resolutions passed during the National Executive Committee's Fall Meetings in Indianapolis are available online.

www.legion.org

Copies can also be obtained through The American Legion National Library.

(317) 630-1366

library@legion.org

Requests for a booklet of approved resolutions may be sent to:

**The Library
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The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine**, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our Web site, www.legion.org/veterans/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. Due to the large number of reunions, *The American Legion Magazine*

will publish a group's listing only once a year. Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine**, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life mem-

berships by their posts. This does not include a member's own Paid-Up-For-Life membership. Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine**, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine**, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE/ARMY AIR FORCES

20th Air Police Sqdn (Wethersfield, England, 1953-1963), Chattanooga, TN, 5/12-14, Earl Czech, (763) 784-8975, cearlretired@aol.com;
61st FA Bn Assn, Branson, MO, 4/27-29, Bill Stewart, (812) 894-2802, wespsj@aol.com;
494th Bomb Grp (H) 7th AF (WWII), Branson, MO, 6/18-22, Jerry Lindley, (254) 965-5990;
494th Bomb Grp (H) 7th Air Force, Branson, MO, 6/18-22, Marshall Keller, (248) 626-3684;
533rd EB & SR A Co, Pigeon Forge, TN, 5/7-10, Carl Taylor, (865) 588-1690; **Borinquen Field/Ramey (All Units 1939-1973)**, Puerto Rico, 4/21-25, Ken Coombs, (603) 735-4291, ken-bon@msn.com;
L Co, 21st Inf Div, Pittsburgh, 5/13-17, George Vlasic, (910) 287-5618, geonanvlasic@atmc.net

ARMY

2nd 39th Inf, 9th Inf Div, Echo Co All 2/39 Cos (Vietnam), Nashville, TN, 5/14-17, Jim Stone, (248) 478-8673, echo239romeo@hotmail.com; **3rd Port Army Mariners**, Fort Eustis, VA, 5/15-17, Alvin Lipson, (757) 878-6324, alvin.lipson@us.army.mil; **4th QM Bn 4th Armd Div (Goppengin, Germany, 1957-1960)**, Pigeon Forge, TN, 5/3-6, Bobby G Raines, (704) 538-9436, bojan131@bellsouth.net; **5th Maint Bn**, Washington, 5/7-10, Greg Chew, gchew@5thmaintenancebn.com;
11th Abn Div Assn, Mid-Atl Chpt, 11th Air Assault Div & 187th ARCT, Myrtle Beach, SC, 2/22-25, Herb Shapiro, (410) 827-6410, hshap@atlanticbb.net; **12th Ar Div Assn Western Chpt**, Santa Clara, CA, 3/5-7, John Blumenson, (408) 510-9207, jblumenson@sbcglobal.net; **61st MP (Vietnam, 1971-1972)**, Philadelphia, June, Paul J. Williams, (484) 614-3890, willypj52@verizon.net; **76th Eng Const Bn**, Lebanon, TN, 4/23-25, Zeke Gandara, (402) 477-7230, zekmildellepro@msn.com; **199th LIB**, Chandler, AZ, 5/21-26, Reuel Baughman, (706) 268-1898, boffman@tds.net; **Army Counter Intel Corps Vets Inc**, Reno, NV, 5/3-7, Dick Snyder, (813) 634-4489, rbcinder6@verizon.net; **B Co 3/64th Armd (1977-1980)**, Jacksonville, FL, 5/4-5, Richard Truluck, (352) 481-4941, celtic_warrior@peoplepc.com; **Counterparts MACV/SE (Asia)**, Minneapolis, 4/16-19, Steve Leighton, (952) 443-3910, leightonconsult@earthlink.net; **Inf 158th Rgt Cbt Team "Bushmasters" East Assn**, Colorado Springs, CO, 6/2-4, Harvey Jones, (763) 571-6119, fridfan@aol.com

COAST GUARD

Edisto WAGB 284, Milwaukee, 6/25-27, Ron Hady, (954) 295-2239, rhady@military.com

JOINT

Udorn RTAFB, Novi, MI, 7/23-26, Rick O'Hare, (248) 349-7036, rohare@aol.com

MARINES

1st Mar Div A Co, 1st Bn 7th Rgt (China, WWII), Kalamazoo, MI, 6/6-8, Lou Clabeaux, (727) 399-9276, jrlclabeaux@vwebtv.net; **3rd Bn 27th Mar Rgt (Vietnam, 1968)**, Oklahoma City, 5/31-6/5, Blas Preciado, (586) 992-0063, blaspreciado@hotmail.com; **Texas Chpt 3rd Mar Div**, Corpus Christi, TX, 4/16-19, Mike Sohn, (210) 654-3310, jumient2@hotmail.com

NAVY

6th Seabees, Mobile, AL, 3/20-24, John Bevier, (231) 633-9450, jbevier@michweb.net; **Air Antisub Sqdn VS-29**, Pensacola, FL, 3/3-6, Don Barnes, (850) 897-8947, catdonb@aol.com; **Beale DD/DE 471**, Cleveland, 7/24-26, Bob Hinkle, (330) 725-4932, tractorman24@junco.com; **Brownson DD 518/868**, Reno, NV, 5/3-7, Bill Nicholl, (707) 571-0350; **Burton Island AGB 1**, Charleston, SC, 3/30-4/3, Gary Conrad, (770) 579-8753, gary_linda@bellsouth.net; **Capricornus AKA/LKA 57**, Norfolk, VA, 6/21-24, Thomas Longo, (410) 742-4380, dtlongo@aol.com; **Chikaskia AO 54**, Washington, 4/30-5/4, Bob Grant, (781) 249-5501, bbgrant1942@gmail.com; **Dyess DDR/DD 880 Assn**, Norfolk, VA, 5/13-17, Bob Barkalow, (803) 936-0680, rbarkalow@sc.rr.com; **England DLG/CG 22**, Seattle, June, Dennis O'Brien, (714) 961-6840, dennis@ussengland.net; **Muliphen AKA 61**, Virginia Beach, VA, 4/26-29, Ron Wilant, (302) 737-1751, rwiant1@verizon.net; **Nassau LHA 4**, Norfolk, VA, July, Don Jones, (860) 245-5385, navlead@comcast.net

Nelson DD 623, Pittsburgh, 5/14-16, George M. Treibel, Jr., (281) 485-3538, gmtr@peoplepc.com; **Ouellet FF 1077**, Jacksonville, FL, 7/30-8/2, Mike Cassidy, (561) 792-3827, ff1077@hullnumber.com; **Patrol Craft Sailors Assn**, San Antonio, 5/28-30, Duane Walters, (315) 487-2623, buckypcsa@twcny.rr.com; **Power DD 839**, Pittsburgh, 6/27-7/1, John Pinto, (352) 527-2352, loosecannon839@yahoo.com; **Smalley DD 565 (All Hands)**, Boston, 5/11-15, George Bauersfeld, (914) 736-6377, dd565@optonline.com; **Stark County LST 1134**, Las Vegas, 4/7-8, Edward Mendez, (702) 734-7725, lasvegased@cox.net; **Steinaker DD/DDR 863**, Plymouth Meeting, PA, 4/23-26, John Evans, (254) 634-0602, aileen5@earthlink.net; **Tanner AGS 15 & Pamina AKA 34**, Marietta, OH, 7/14-19, Robert Gregorowicz, (231) 546-2077, usstanerags15@yahoo.com

Terrebonne Parish LST 1156, Norfolk, VA, 5/13-16, David Bader, (614) 436-8211, redab@columbus.rr.com; **Trenton LPD 14**, Norfolk, VA, 7/24-26, Chris Bufford, (334) 756-8278, lpd-14@hullnumber.com; **Tucson CL 98/SSN 770 Assn**, Tucson, AZ, 4/22-26, Tom Eagling, (520) 825-7498, snugharor2@aol.com; **VS-29 AIRANTISUBRON**, Pensacola, FL, 3/3-5, Vernon Long, (850) 477-6664, vernlorg@hotmail.com

COMRADES IN DISTRESS

130th Stn Hosp 7th Army Cmd (Heidelberg, West Germany, July-Sept 1982), John L. Connelly seeks witnesses to verify a claim. CID 1498

USS Alywin FF 1081 (1984), Ronald Gass seeks witnesses to verify his claim of falling overboard from captains gig. CID 1499

LIFE MEMBERSHIPS

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Post 72, NH: Kenneth T. Litch
Post 635, TX: Paul S. Willard

IN SEARCH OF

1st Cav B Co 8th Eng (Vietnam, March 1968-Feb 1969), Michael Dulaney, (209) 581-4748
2nd Inf Div 2nd MP Co, (Camp Casey, 1972), George Kenneybrook, oobksht@aol.com
2nd Mar Div FMF (Camp Lejeune, NC, Feb 1951) Serv Bn (Portsmouth, VA, Lumber Yard Spec No. 3026 Supplies), Al Heidler, (954) 575-6275, mh5942@hotmail.com
7th Sig Serv Bn SHAPE Hdq (Paris, 1950), E.F. Reim, (509) 586-4918
8th AF 20th Ftr Grp, 79th Ftr Sqdn (WWII), C. Brunswick, c.w.brunswick@verizon.net
11th Eng Bn 3rd Mar Div (Vietnam, 1966-1970), Charles Luhan Jr., (773) 585-9629, cl11engrnb@sbcglobal.com
16th Unit Receiving Ctr (Landstuhl, Germany, 1955-1956), Alfred Good, (434) 296-5564, suelleng@comcast.net
25th FIS 51st FW (Korea, 1953-1954), Wayne Molitor, (715) 325-6612, wmolitor@solarus.net
41st Depot Repair Sqdn, 41st ADG, 15th AAF (Albuquerque, NM, Gioia Del Colle & Naples, Italy, 1943-1945), John McCormack, (252) 426-7704, 41stadsr@gmail.com
97tg Grp AAA Baseball Teams (Okinawa, 1951-1953), Irwin Coombs, (845) 264-5067

405th, 822nd, & 71st Bomb Sqdn (Laon, France, 1950-1959), Willie Wise, (717) 838-1561, twocrickets70@aol.com

454th OMS Bomb Wing (Columbus AFB, MS, 1962-1966), John T. Morgan, (615) 833-5939, cpm12541@comcast.net

474th ASF Band (Calcutta, India, 1944-1946), Wilbur Geedubg, (316) 733-8478, geedinglaw@sbcglobal.net

560th MP Co (Kyoto, Japan, 1949-1950), Robert E. Panter, (931) 649-5191, panterauto@united.net

6139th Air Police Sqdn (Misawa AB, Japan, 1963-1967), David Brubaker, (951) 325-5555, brubakerinterior@roadrunner.com

6917 RSM (San Vito, Italy, 1961-1962) & 6984 RSM (Shemya, 1962-1963), Bill Ellis, (703) 335-9935, bli2@hotmail.com

7708 War Crimes Grp (Augsburg/Munich, Germany, Oct 1946-Feb 1949), Irvin Sample, (270) 782-3275

A Co & HQ & HQ 4th QM Bn 4th Armd Div (Goppegin, Germany, 1957-1960), Bobby Raines, (704) 538-9436, bojan131@bellsouth.net

C Co 1st Bn Airborn 12th Cav, 1st Cav Div (Vietnam, Nov 1967-June 1968), John McGregor, (610) 353-6173, mcgregj1@wyeth.com

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I Co 3rd Bn 29th Inf Rgt Cbt Team (Korea, Jan-July 1950), Robert Willits, (317) 462-6100, rjwillits@sbcglobal.net

LCT 861 (Philippines/Leyte, 1945), Andy Harwell, (919) 847-3719, aharwell2@bellsouth.net

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VMF/VMA 311 (All Eras), Charles Read, (781) 585-8184, cread1@comcast.net

VP-31 Flt Line Crew (1962-1964), Arber James, (501) 565-9172

WAVES 17 Co (Bainbridge, MD, Dec 1969-Feb 1970), Kathy Ruble, (502) 664-0895, mjack69@charter.net

TAPS

Fred C. Brenenstahl, Dept. of New York.
Nat'l Distinguished Guests Cmte. Vice Chmn. 1992-2008.

Joseph C. "J.C." Brown, Dept. of Wyoming.
Dept. Cmdr. 1998-1999.

Clifford N. Kevern, Dept. of Illinois. Nat'l Legis. Cncl. Memb. 1993-1994, 2001-2002 and 2005-2008, Nat'l & Homeland Sec. Cncl. Vice Chmn. 1995-2000, Nat'l Legis. Cncl. Vice Chmn. 1999-2000 and 2002-2005, Nat'l Legis. Cmsn. Consultant 2000-2004 and Nat'l Exec. Cmte. Alt. Memb. 2003-2005.

Andrew R. Vanti, Dept. of Rhode Island. Nat'l Distinguished Guests Cmte. Memb. 1959-1960, Nat'l Mbrshp. & Post Activ. Cmte. Memb. 1962-1963, Dept. Cmdr. 1963-1964, Nat'l Cemetery Cmte. Memb. 1979-1981 and 1990-1993, Nat'l Military Affairs Cmte. Memb. 1982-1984, Nat'l & Homeland Sec. Cncl. Vice Chmn. 1985-1990, Nat'l Econ. Cmsn. Liaison Cmte. Memb. 1995-1997, Nat'l Exec. Cmte. Memb. 1995-1997 and Nat'l Naval Affairs Cmte. Memb. 1997-2008.

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A celebrity is someone who works hard all his life to become known and then wears dark glasses to avoid being recognized.

A BLACKJACK DEALER and a player with a 13 count in his hand were arguing about whether or not it was appropriate to tip the dealer.

The player said, "When I get bad cards, it's not the dealer's fault. Same when I get good cards. The dealer had nothing to do with it. Why tip him?"

"When you eat out, do you tip the waiter?" the dealer asked.

"Yes."

"Well, he serves you food. I'm serving you cards, so you should tip me."

"Yeah, well, the waiter gives me what I ask for. I'll take an eight."

"AN OPTIMIST stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." – *Bill Vaughan*

A KNIGHT AND HIS MEN return to the castle after a long hard day of fighting.

"How are we faring?" the king asks.

"Sire," the knight replies, "I have been robbing and pillaging on your behalf all day, burning the towns of your enemies in the west."

"What?" the king shrieks. "I don't have any enemies to the west!"

"Well, you do now," the knight says.



"Listen, I can't pretend to understand what you're going through. Not until your bill is caught up."



"If marriage is two hearts beating as one, could that be what's screwing up my blood pressure?"



"Well, he ain't exactly dead, but I was hoping you could figure out some way to communicate with him."

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- Hang up and drive.
- If your ship hasn't come in, swim out to it.
- Alcohol and calculus don't mix. Never drink and derive.
- Forget about world peace. Visualize using your turn signal.
- My other vehicle is in orbit.
- I support faith-based missile-defense systems.
- I don't have issues. I have volumes.
- Driver carries no cash. He's married.
- My wife gives me sound advice – 99% sound, 1% advice.

"FORECASTERS at the Federal Reserve in Philadelphia said the U.S. has been in a recession for the last 14 months. Thank you, Nostradamus! That's how you know things are slowing down, when forecasters are now predicting the past."

– *Jay Leno*



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